



WHATSheATE



HEALTH SCORE

56%

Pasta with Corn and Kale



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ears of corn
- ☐ 1 pound fusilli pasta
- ☐ 3 cloves garlic sliced
- ☐ 2 bunches tuscan kale cut into strips
- ☐ 6 servings kosher salt
- ☐ 2.5 pounds mushrooms assorted trimmed sliced such as shiitake and cremini
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 6 servings pepper freshly ground

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 bunches scallions light white green chopped and parts
- ☐ 4 tablespoons butter unsalted cubed

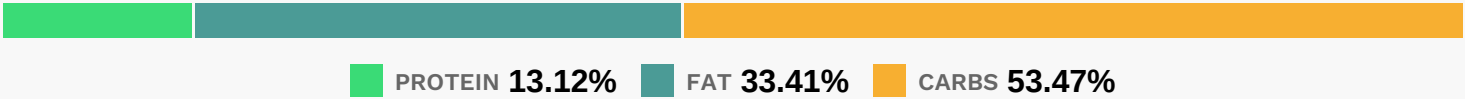
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Cut the corn kernels off the cobs and transfer to a bowl, then scrape the cobs with the back of a knife over the bowl to extract the liquid; set aside.
- ☐ Put the corncobs in a large pot and fill with water; season with salt. Cover and bring to a boil, then add the pasta and cook as the label directs; reserve 1 cup of the pasta cooking water, then drain. Discard the cobs.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a Dutch oven or heavy-bottomed pot over high heat.
- ☐ Add half of the mushrooms in a single layer and cook, undisturbed, until golden, 4 to 5 minutes. Season with salt, stir and continue cooking until tender, about 5 more minutes; transfer to a large bowl.
- ☐ Add another 2 tablespoons olive oil to the pot and repeat with the remaining mushrooms.
- ☐ Transfer to the bowl.
- ☐ Add the remaining 1 tablespoon olive oil, the garlic and pepper flakes to the pot; cook, stirring, until the garlic is soft, 1 to 2 minutes. Stir in the kale and season with salt. Cover and cook until wilted, about 3 minutes.
- ☐ Add the corn kernels, mushrooms, scallions and butter. Cook, stirring, until the butter is melted and the mixture is heated through, about 2 minutes.
- ☐ Add the pasta and 1/2 cup of the reserved pasta cooking water; cook, stirring, until heated through, 1 to 2 more minutes, adding more cooking water as needed to loosen the sauce. Season with salt and pepper.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:24.38, Inflammation Score:-10, Nutrition Score:39.295217669528%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg Kaempferol: 20.39mg, Kaempferol: 20.39mg, Kaempferol: 20.39mg, Kaempferol: 20.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg

Nutrients (% of daily need)

Calories: 590.19kcal (29.51%), Fat: 22.93g (35.28%), Saturated Fat: 7.09g (44.3%), Carbohydrates: 82.59g (27.53%), Net Carbohydrates: 74.38g (27.05%), Sugar: 11.96g (13.29%), Cholesterol: 20.07mg (6.69%), Sodium: 249.79mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin K: 193.95µg (184.71%), Vitamin A: 4860.4IU (97.21%), Selenium: 66.68µg (95.26%), Vitamin C: 52.54mg (63.68%), Manganese: 1.27mg (63.43%), Vitamin B2: 1.02mg (59.88%), Vitamin B3: 10.29mg (51.45%), Copper: 0.91mg (45.34%), Phosphorus: 417.51mg (41.75%), Vitamin B5: 3.87mg (38.68%), Potassium: 1198.47mg (34.24%), Fiber: 8.21g (32.83%), Folate: 115.91µg (28.98%), Vitamin B1: 0.42mg (27.87%), Magnesium: 107.26mg (26.82%), Vitamin B6: 0.48mg (23.94%), Iron: 3.34mg (18.56%), Zinc: 2.7mg (17.98%), Vitamin E: 2.46mg (16.38%), Calcium: 145.36mg (14.54%), Vitamin D: 0.52µg (3.45%), Vitamin B12: 0.09µg (1.52%)