



Pasta with Green Lentil Sauce and Chard

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves divided
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup carrots diced finely
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup cooking wine dry red
- ☐ 12 ounce extra wide egg noodles uncooked
- ☐ 3 garlic cloves minced
- ☐ 0.7 cup other lentils dark dried green french
- ☐ 3 tablespoons olive oil divided

- ☐ 1 cup onion diced finely
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 1 cup bell pepper diced red finely
- ☐ 0.8 teaspoon salt divided
- ☐ 6 cups swiss chard chopped
- ☐ 1.5 tablespoons tomato paste
- ☐ 4 quarts water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

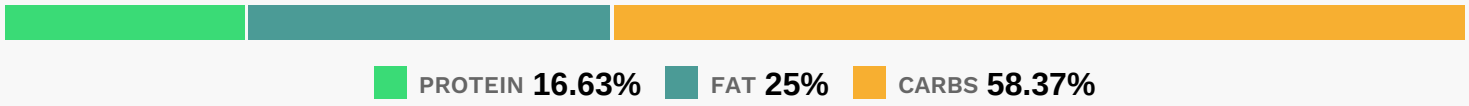
Directions

- ☐ Combine lentils, 1/2 teaspoon salt, and 1 bay leaf in a medium saucepan. Cover with water to 3 inches above lentils; bring to a boil, reduce heat to medium-low, and simmer 25 minutes.
- ☐ Drain in a colander over a bowl, reserving 2 cups cooking liquid. Set aside.
- ☐ Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat.
- ☐ Add 1 bay leaf, onion, bell pepper, carrot, and garlic; saut 12 minutes or until lightly browned. Stir in red wine, tomato paste, and mustard, and cook for 2 minutes or until vegetables are glazed.
- ☐ Add 1/4 teaspoon salt and black pepper.
- ☐ Add lentils and reserved cooking liquid. Discard bay leaves.
- ☐ Bring 4 quarts water to a boil in a large stockpot.
- ☐ Add chard, and cook 5 minutes.
- ☐ Remove chard with a slotted spoon. Stir chard into lentil mixture.

- ☐
- Add pasta to boiling water; cook 6 minutes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:62.07, Glycemic Load:20.61, Inflammation Score:-10, Nutrition Score:31.446956681169%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 436.15kcal (21.81%), Fat: 11.85g (18.22%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 51.58g (18.76%), Sugar: 5.4g (6%), Cholesterol: 52.45mg (17.48%), Sodium: 579.92mg (25.21%), Alcohol: 2.1g (100%), Alcohol %: 0.31% (100%), Protein: 17.73g (35.46%), Vitamin K: 308.55µg (293.86%), Vitamin A: 5815.85IU (116.32%), Selenium: 49.26µg (70.37%), Vitamin C: 47.81mg (57.95%), Manganese: 1.04mg (52.08%), Fiber: 10.64g (42.55%), Folate: 144.35µg (36.09%), Phosphorus: 325.08mg (32.51%), Magnesium: 107.71mg (26.93%), Copper: 0.49mg (24.49%), Vitamin B1: 0.34mg (22.87%), Vitamin B6: 0.43mg (21.74%), Iron: 3.82mg (21.25%), Potassium: 676.81mg (19.34%), Vitamin E: 2.7mg (17.99%), Zinc: 2.69mg (17.95%), Calcium: 171.72mg (17.17%), Vitamin B5: 1.24mg (12.41%), Vitamin B3: 2.48mg (12.4%), Vitamin B2: 0.2mg (11.66%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.21µg (1.37%)