



 **34%**
HEALTH SCORE

Pasta with Greens and Sir Laurier

READY IN



40 min.

SERVINGS



4

CALORIES



886 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 170 gram cheese cubed
- 3 cloves garlic peeled smashed
- 1 leek white sliced
- 0.3 cup olive oil
- 3 ounces pancetta sliced
- 1 pound soup noodles
- 3 tablespoons pinenuts toasted
- 0.5 bunch broccoli rabe (broccoli raab)
- 1 pinch salt and pepper freshly ground to taste

- 0.5 bunch swiss chard
- 1 cup vegetable stock

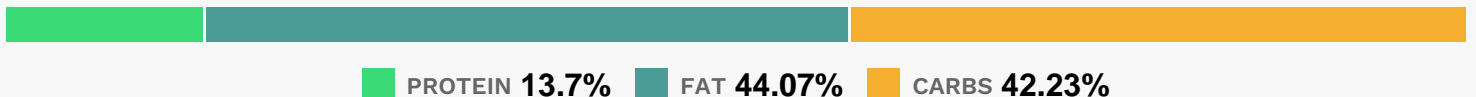
Equipment

- frying pan
- pot

Directions

- Trim the flower ends off the rapini, leaving 5 cm (2 in) of stem. Set aside.
- Cut the remaining stems into 2.5 cm (1 in) pieces. Set aside.
- Cut the chard into 2.5 cm (1 in) slices. Reserve the leafy part with the rapini flowers and the stems with the rapini stems.
- In a large skillet, heat the oil over medium heat and add the garlic. When the garlic is browned, remove it and discard.
- Add the leeks and pancetta to the garlic-flavoured oil and cook until the leek is softened and the pancetta is lightly browned.
- Add the vegetable stems, the stock and the salt and pepper. Cover and cook 4 minutes.
- Add the chard leaves and rapini flowers and cook, covered, another 2 minutes.
- Cook the pasta in boiling salted water until al dente.
- Drain the pasta, return it to the pot and add the vegetable mixture. Toss gently and add the Sir Laurier cheese at the last minute.
- Transfer to a serving dish and top with the pine nuts.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:36.02, Inflammation Score:-10, Nutrition Score:34.794782700746%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 885.79kcal (44.29%), Fat: 43.52g (66.96%), Saturated Fat: 13.58g (84.86%), Carbohydrates: 93.83g (31.28%), Net Carbohydrates: 88.11g (32.04%), Sugar: 5.35g (5.94%), Cholesterol: 56.53mg (18.84%), Sodium: 764.65mg (33.25%), Alcohol: 0g (100%), Protein: 30.45g (60.9%), Vitamin K: 398.33µg (379.36%), Selenium: 89.18µg (127.4%), Manganese: 2.1mg (105.01%), Vitamin A: 3966.35IU (79.33%), Phosphorus: 531.82mg (53.18%), Calcium: 393.53mg (39.35%), Magnesium: 136.34mg (34.08%), Vitamin E: 4.55mg (30.34%), Zinc: 4.3mg (28.66%), Copper: 0.56mg (28.11%), Vitamin C: 20.39mg (24.71%), Fiber: 5.72g (22.87%), Vitamin B2: 0.37mg (21.71%), Iron: 3.9mg (21.69%), Vitamin B6: 0.42mg (20.96%), Folate: 74.89µg (18.72%), Vitamin B3: 3.73mg (18.67%), Vitamin B1: 0.28mg (18.6%), Potassium: 619.18mg (17.69%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.56µg (9.28%), Vitamin D: 0.34µg (2.27%)