



Pasta with Kielbasa and Swiss Chard

READY IN



30 min.

SERVINGS



4

CALORIES



630 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 pound kielbasa quartered
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmigiano-reggiano plus additional finely grated for serving
- ☐ 0.8 pound penne pasta
- ☐ 0.3 teaspoon red-pepper flakes dried hot
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound swiss chard red (preferably ; from 1 bunch)
- ☐ 0.5 cup water

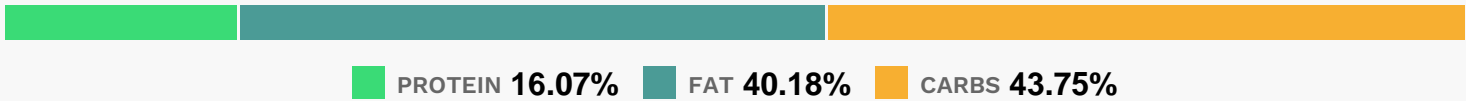
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cut out center ribs and stems from chard, then thoroughly wash, along with leaves, in several changes of cold water.
- ☐ Cut ribs and stems crosswise into 1/4-inch-thick pieces and coarsely chop leaves.
- ☐ Cook kielbasa in oil in a 5-quart heavy pot over moderately high heat, stirring occasionally, until golden, 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl. Cook chard ribs and stems with salt in fat remaining in pot over moderate heat, stirring occasionally, 3 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add chard leaves, water, and red-pepper flakes and simmer, partially covered, until chard stems are tender, about 5 minutes.
- ☐ Remove lid and stir in kielbasa.
- ☐ Cook pasta in a large pot of boiling salted water until al dente, then reserve 1/2 cup pasta-cooking water and drain pasta in a colander.
- ☐ Add pasta to chard mixture with cheese and salt to taste and toss until combined well. Thin with some of reserved pasta water if necessary.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:26.62, Inflammation Score:-10, Nutrition Score:30.456521859635%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg, Kaempferol: 4.94mg Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 630kcal (31.5%), Fat: 27.99g (43.07%), Saturated Fat: 9.14g (57.12%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 64.41g (23.42%), Sugar: 3.33g (3.7%), Cholesterol: 48.19mg (16.06%), Sodium: 1177.8mg (51.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.39%), Vitamin K: 710.57µg (676.74%), Vitamin A: 5336.39IU (106.73%), Selenium: 67.6µg (96.58%), Manganese: 1.15mg (57.47%), Phosphorus: 366.39mg (36.64%), Vitamin C: 26.55mg (32.18%), Magnesium: 128.27mg (32.07%), Vitamin B1: 0.4mg (26.89%), Copper: 0.46mg (23.19%), Calcium: 220.3mg (22.03%), Iron: 3.64mg (20.25%), Zinc: 2.97mg (19.8%), Potassium: 666.45mg (19.04%), Vitamin B3: 3.8mg (18.99%), Vitamin E: 2.79mg (18.57%), Vitamin B6: 0.35mg (17.26%), Fiber: 4.16g (16.63%), Vitamin B2: 0.26mg (15.05%), Vitamin B12: 0.71µg (11.76%), Vitamin B5: 0.83mg (8.35%), Folate: 29.3µg (7.33%)