



## Penne Rigate with Mixed Greens and Pine Nuts

READY IN



25 min.

SERVINGS



6

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon garlic chopped
- ☐ 16 oz salad greens mixed with radicchio (often labeled "italian" or "mediterranean"; 16 to 20 cups)
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmigiano-reggiano finely grated for serving
- ☐ 1 lb penne rigate
- ☐ 1.3 oz pinenuts
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons butter unsalted

## Equipment

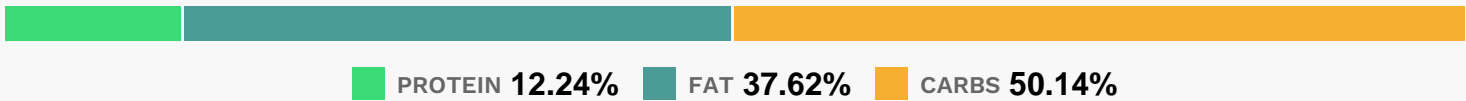
☐ pot

☐ colander

## Directions

- ☐ Cook penne in boiling salted water in a 5- to 6-quart heavy pot until al dente or according to package directions, then drain in a colander.
- ☐ Combine butter, oil, and pine nuts in cleaned and dried pot and cook over moderately high heat, stirring, until nuts are pale golden, about 3 minutes.
- ☐ Add garlic and cook, stirring, until garlic is golden, about 1 minute. Stir in greens and cook, stirring, until they wilt, about 3 minutes.
- ☐ Add penne, salt, and pepper and toss to coat. Stir in cheese and serve immediately with additional cheese on the side.
- ☐ To reduce the start-to-finish time, cook the nuts, garlic, and greens in a separate pot while you boil the pasta.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:22.83, Inflammation Score:-8, Nutrition Score:16.253478262735%

## 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 478.22kcal (23.91%), Fat: 20.07g (30.88%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 60.2g (20.07%), Net Carbohydrates: 57.51g (20.91%), Sugar: 2.31g (2.56%), Cholesterol: 20.72mg (6.91%), Sodium: 352.63mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Selenium: 50.15µg (71.64%), Manganese: 1.36mg (67.81%), Phosphorus: 266.87mg (26.69%), Vitamin A: 1101.48IU (22.03%), Vitamin C: 17.74mg

(21.51%), Copper: 0.34mg (17.09%), Magnesium: 67.43mg (16.86%), Calcium: 128.83mg (12.88%), Zinc: 1.85mg (12.33%), Vitamin E: 1.83mg (12.17%), Folate: 44.42µg (11.11%), Fiber: 2.69g (10.76%), Iron: 1.92mg (10.67%), Vitamin B3: 1.99mg (9.96%), Potassium: 347.55mg (9.93%), Vitamin B6: 0.19mg (9.39%), Vitamin K: 8.39µg (7.99%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.13mg (7.5%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.11µg (1.87%)