



Penne With Greens

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 ounce feta cheese crumbled reduced-fat
- 3 large garlic cloves crushed peeled
- 0.3 cup golden raisins
- 2.5 tablespoons olive oil extra-virgin
- 3 tablespoons pinenuts
- 0.5 teaspoon salt
- 1 teaspoons serrano chile minced

- 12 ounces swiss chard trimmed chopped
- 8 ounces penne pasta whole-wheat

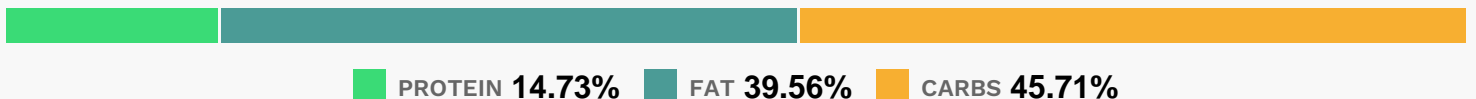
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of water to a boil over high heat.
- Add the pasta and cook until al dente, about 78 minutes.
- Drain and set aside.
- While pasta is cooking, toast pine nuts in a large skillet over medium-high heat, tossing frequently, until toasted, about 3 minutes.
- Remove pine nuts and set aside.
- Heat olive oil and garlic in the same skillet over medium-high heat. Tilt the skillet so the oil pools in 1 corner, hold over heat, and cook garlic until lightly browned.
- Add the jalapeo pepper and greens, and toss until greens are wilted, about 2 minutes.
- Add raisins, pine nuts, and 1/2 teaspoon each salt and pepper.
- Add pasta to the skillet and toss another minute or until pasta is fully cooked and has absorbed the liquid from the greens.
- Transfer to a serving bowl and sprinkle with feta.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:19.512173880701%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 425.62kcal (21.28%), Fat: 19.07g (29.35%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 43.39g (15.78%), Sugar: 8.81g (9.79%), Cholesterol: 15.19mg (5.06%), Sodium: 726.85mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.96%), Vitamin K: 716.04µg (681.94%), Vitamin A: 5210IU (104.2%), Manganese: 1.07mg (53.53%), Vitamin C: 26.79mg (32.47%), Fiber: 6.21g (24.85%), Vitamin E: 3.59mg (23.91%), Magnesium: 91.99mg (23%), Copper: 0.3mg (14.75%), Potassium: 448.73mg (12.82%), Iron: 2.23mg (12.37%), Phosphorus: 96.71mg (9.67%), Vitamin B6: 0.15mg (7.58%), Vitamin B2: 0.11mg (6.72%), Zinc: 0.85mg (5.67%), Calcium: 54.88mg (5.49%), Vitamin B1: 0.07mg (4.47%), Vitamin B3: 0.8mg (4%), Folate: 14.95µg (3.74%), Vitamin B5: 0.2mg (2%), Selenium: 1.22µg (1.74%)