



Penne with Spinach and Garlic



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons olive oil divided
- ☐ 3.3 cups penne pasta uncooked
- ☐ 1 cup purple onion sliced (1 medium)
- ☐ 0.5 teaspoon salt

☐

3 cups tightly spinach leaves fresh washed packed trimmed thinly sliced ()

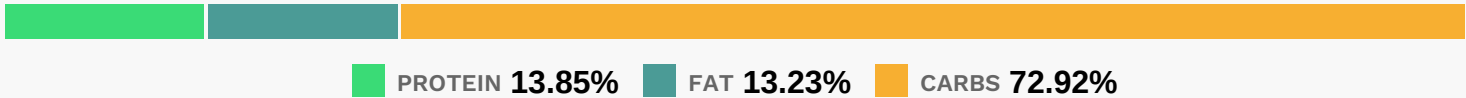
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat. Reserve 3 tablespoons pasta water; drain pasta.
- ☐ Combine reserved pasta water, 1 teaspoon olive oil, and lemon juice in a small bowl; set aside.
- ☐ While pasta cooks, place a large skillet over medium-high heat until hot.
- ☐ Add almonds and cook, stirring constantly, 1 to 2 minutes or until toasted. Set almonds aside.
- ☐ Coat skillet with cooking spray; add remaining 1 teaspoon oil. Return to medium-high heat until oil is hot.
- ☐ Cut onion slices in half; add onion and garlic to skillet. Cook, stirring constantly, 4 minutes or until tender.
- ☐ Add spinach, and cook, stirring constantly, 2 minutes; stir in almonds, salt, and pepper. Stir in reserved pasta water mixture.
- ☐ Add pasta, and toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:11.43, Inflammation Score:-7, Nutrition Score:8.8195651821468%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg,

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 164.01kcal (8.2%), Fat: 2.41g (3.7%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.94g (10.16%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 126.38mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin K: 44.14µg (42.04%), Selenium: 23.45µg (33.5%), Manganese: 0.5mg (24.96%), Vitamin A: 844.66IU (16.89%), Phosphorus: 88.85mg (8.89%), Magnesium: 33.79mg (8.45%), Fiber: 1.92g (7.67%), Copper: 0.15mg (7.35%), Folate: 28.19µg (7.05%), Vitamin E: 0.86mg (5.71%), Vitamin C: 4.29mg (5.2%), Potassium: 173.91mg (4.97%), Vitamin B6: 0.1mg (4.97%), Iron: 0.85mg (4.71%), Zinc: 0.66mg (4.41%), Vitamin B2: 0.07mg (3.94%), Vitamin B3: 0.78mg (3.92%), Vitamin B1: 0.05mg (3.53%), Calcium: 27.1mg (2.71%), Vitamin B5: 0.2mg (1.98%)