



Penne with Yau Choy

READY IN



45 min.

SERVINGS



6

CALORIES



540 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz bacon chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb yau choy
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 1 lb onion sliced quartered
- ☐ 0.5 cup parmesan finely grated
- ☐ 1 lb penne rigate
- ☐ 1 teaspoon salt

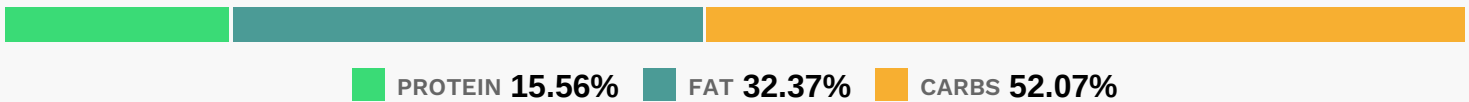
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Discard tough ends from yau choy, then chop stems into 1-inch pieces and coarsely chop leaves. Cook stems in a 6- to 8-quart pot of boiling salted water until just tender, about 4 minutes. Stir in leaves and cook 1 minute.
- ☐ Transfer yau choy with a slotted spoon to a colander (keep water simmering for pasta), then rinse under cold water to stop cooking and drain again. Do not squeeze out excess water.
- ☐ Cook bacon in oil in a 12-inch deep heavy skillet over moderate heat, stirring, until golden brown and crisp, 5 to 7 minutes.
- ☐ Add onion and cook, stirring, until golden, about 15 minutes.
- ☐ Add garlic to onion and cook over moderate heat, stirring, until golden, about 2 minutes.
- ☐ While onion and garlic are cooking, bring pot of simmering water to a boil.
- ☐ Add pasta and cook until al dente. Reserve 1 cup of pasta cooking water, then drain pasta in colander.
- ☐ Add reserved cooking water to onion and cook, stirring and scraping up brown bits, 30 seconds.
- ☐ Add yau choy and toss to combine.
- ☐ Add pasta, cheese, salt, and pepper and cook over moderately high heat, tossing, until well combined, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:24.43, Inflammation Score:-8, Nutrition Score:19.950000011403%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg, Quercetin: 15.36mg

Nutrients (% of daily need)

Calories: 540.08kcal (27%), Fat: 19.3g (29.69%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 69.82g (23.27%), Net Carbohydrates: 66.07g (24.03%), Sugar: 5.3g (5.89%), Cholesterol: 24.38mg (8.13%), Sodium: 752.13mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.74%), Vitamin C: 197.93mg (239.91%), Selenium: 55.88µg (79.82%), Calcium: 491.58mg (49.16%), Manganese: 0.82mg (41.19%), Phosphorus: 265.12mg (26.51%), Iron: 3.94mg (21.87%), Fiber: 3.75g (14.99%), Vitamin B6: 0.29mg (14.69%), Magnesium: 55.1mg (13.77%), Copper: 0.27mg (13.35%), Vitamin B3: 2.54mg (12.72%), Vitamin B1: 0.19mg (12.43%), Zinc: 1.77mg (11.81%), Potassium: 348mg (9.94%), Folate: 28.6µg (7.15%), Vitamin B2: 0.12mg (6.92%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.91mg (6.08%), Vitamin B12: 0.24µg (4.03%), Vitamin K: 3.48µg (3.32%), Vitamin A: 92.75IU (1.86%), Vitamin D: 0.16µg (1.03%)