

Red Beet Fusilli with Balsamic, Poppy Seeds & Mint

READY IN



20 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 pound beets washed trimmed unpeeled
- ☐ 1 pound fusilli
- ☐ 0.5 cup mint leaves julienned
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 4 tablespoon poppy seeds
- ☐ 6 servings salt and pepper to taste
- ☐ 6 tablespoon butter unsalted

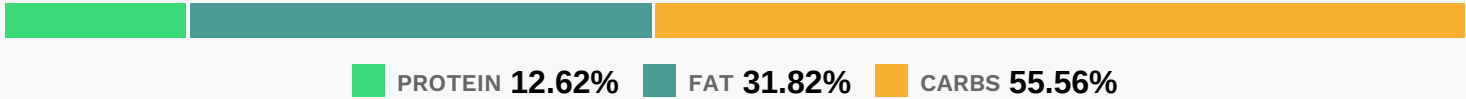
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Using food processor grate the beets and set them aside in a large serving bowl.
- ☐ Put the poppy seeds into a large saucepan set over over medium-high heat. Toast the seeds about 3 minutes until they are fragrant, stirring constantly.
- ☐ Transfer them to a small bowl and set them aside. Using the same saucepan add 4 tablespoons butter and cook over medium heat. Once it begins to brown remove it from the heat and pour it over the raw beats. Season with salt and pepper and the balsamic vinegar. Meanwhile, in a large pot of salted water, boil the pasta until al dente.
- ☐ Drain the pasta reserving about 1-cup of the pasta water. Toss the pasta with the remaining 2 tablespoons of butter, stirring until melted. Follow the butter with the grated cheese, reserved poppy seeds and the beets; then add the reserved pasta water and stir quite well.
- ☐ Adding the butter first keeps the cheese from clumping. The heat from the pasta is all the cooking necessary to melt the cheese and cook the beets.
- ☐ Add the reserved poppy seeds.
- ☐ Garnish with mint.
- ☐ Serve with a little more cheese passed at the table.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:26.97, Inflammation Score:-7, Nutrition Score:17.235652254975%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 489.5kcal (24.48%), Fat: 17.31g (26.63%), Saturated Fat: 9.07g (56.68%), Carbohydrates: 68.01g (22.67%), Net Carbohydrates: 62g (22.55%), Sugar: 8.97g (9.97%), Cholesterol: 35.77mg (11.92%), Sodium: 397.5mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.89%), Selenium: 51.13µg (73.05%), Manganese: 1.41mg (70.26%), Phosphorus: 291.27mg (29.13%), Folate: 106.21µg (26.55%), Fiber: 6.01g (24.02%), Calcium: 228.38mg (22.84%), Magnesium: 86.5mg (21.63%), Copper: 0.39mg (19.65%), Potassium: 501.73mg (14.34%), Zinc: 2.1mg (13.98%), Iron: 2.51mg (13.96%), Vitamin A: 599.19IU (11.98%), Vitamin B1: 0.15mg (9.98%), Vitamin B6: 0.19mg (9.28%), Vitamin B3: 1.68mg (8.42%), Vitamin B2: 0.12mg (7.29%), Vitamin C: 4.96mg (6.01%), Vitamin B5: 0.53mg (5.28%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.35µg (1.28%)