



## Rotini With Kale, Roasted Peppers and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 servings bell pepper black to taste
- 4 tablespoons olive oil extra virgin
- 1 clove garlic
- 1 bunch kale chopped
- 0.5 cup pecorino cheese grated
- 0.3 cup pinenuts toasted
- 3 roasted peppers diced red
- 1 box barilla veggie rotini

6 servings salt to taste

0.3 cup white wine

## Equipment

frying pan

pot

## Directions

Bring a large pot of water to a boil.

In a large skillet, cook garlic in olive oil for 1-2 minutes or until slightly yellow in color.

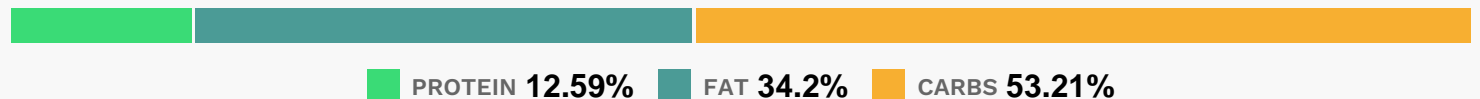
Add kale and saute for 3-4 minutes. Deglaze with white wine. ADD the roasted red bell peppers and season with salt and pepper.

In a separate skillet, toast pine nuts until slightly browned, then remove and set aside.

Cook pasta, drain and toss with sauce.

Remove from heat and add pine nuts and cheese. Stir to combine and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:22.73, Inflammation Score:-9, Nutrition Score:21.702608928732%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

## Nutrients (% of daily need)

Calories: 453.71kcal (22.69%), Fat: 16.94g (26.07%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 59.3g (19.77%),  
Net Carbohydrates: 55.54g (20.2%), Sugar: 2.57g (2.86%), Cholesterol: 8.67mg (2.89%), Sodium: 564.11mg  
(24.53%), Alcohol: 1.37g (100%), Alcohol %: 1.14% (100%), Protein: 14.03g (28.07%), Vitamin K: 93.63µg (89.18%),  
Selenium: 48.99µg (69.98%), Manganese: 1.39mg (69.71%), Vitamin A: 2297.51IU (45.95%), Vitamin C: 29.04mg  
(35.2%), Phosphorus: 256.37mg (25.64%), Calcium: 170.7mg (17.07%), Magnesium: 68.1mg (17.03%), Copper:  
0.33mg (16.63%), Fiber: 3.75g (15.02%), Vitamin E: 2.11mg (14.1%), Zinc: 1.78mg (11.84%), Iron: 1.95mg (10.85%),  
Vitamin B2: 0.17mg (10.12%), Vitamin B6: 0.2mg (9.84%), Vitamin B3: 1.9mg (9.52%), Potassium: 323.34mg (9.24%),  
Folate: 32.55µg (8.14%), Vitamin B1: 0.12mg (8.13%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.09µg (1.56%)