

 **89%**
HEALTH SCORE

Spaghetti with Braised Kale

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 large garlic cloves thinly sliced
- ☐ 1 pound destemmed lacinato/dinosaur kale (2 bunches)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil divided
- ☐ 1.5 cups onion finely chopped
- ☐ 4 servings parmesan cheese finely grated
- ☐ 0.5 pound pasta like spaghetti

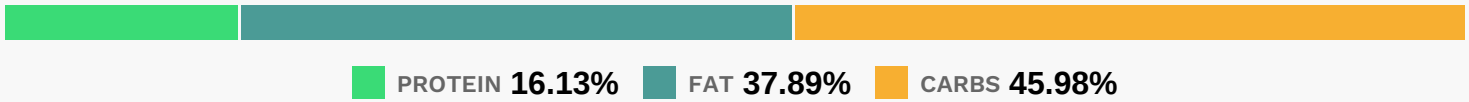
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Rinse kale.
- ☐ Drain; transfer to bowl with some water still clinging.
- ☐ Heat 2 tablespoons olive oil in heavy large pot over medium heat.
- ☐ Add chopped onion and cook until soft and translucent, stirring occasionally, about 6 minutes.
- ☐ Add sliced garlic and sprinkle with salt; cook until onion is golden brown, stirring occasionally, about 5 minutes.
- ☐ Add kale and remaining 1 tablespoon olive oil and toss until wilted, about 3 minutes. Cover pot and reduce heat to medium-low. Continue cooking until kale is very tender, stirring occasionally and adding water by teaspoonfuls if dry, about 20 minutes.
- ☐ Meanwhile, cook spaghetti in medium pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1/4 cup cooking liquid.
- ☐ Add cooked spaghetti to kale mixture in pot.
- ☐ Add lemon juice and 2 tablespoons reserved cooking liquid; toss to combine, adding more liquid by teaspoonfuls if dry.
- ☐ Sprinkle spaghetti with grated Parmesan cheese and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:18.93, Inflammation Score:-10, Nutrition Score:34.569565316905%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 29.77mg, Isorhamnetin: 29.77mg, Isorhamnetin: 29.77mg, Isorhamnetin: 29.77mg Kaempferol: 53.48mg, Kaempferol: 53.48mg, Kaempferol: 53.48mg, Kaempferol: 53.48mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 37.9mg, Quercetin: 37.9mg, Quercetin: 37.9mg, Quercetin: 37.9mg

Nutrients (% of daily need)

Calories: 502.65kcal (25.13%), Fat: 21.54g (33.14%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 51.21g (18.62%), Sugar: 5.11g (5.68%), Cholesterol: 26.1mg (8.7%), Sodium: 592.16mg (25.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.27%), Vitamin K: 449.48µg (428.08%), Vitamin A: 11589.86IU (231.8%), Vitamin C: 113.19mg (137.2%), Manganese: 1.47mg (73.54%), Selenium: 48.51µg (69.3%), Calcium: 590.05mg (59.01%), Phosphorus: 386.51mg (38.65%), Vitamin B2: 0.55mg (32.6%), Fiber: 7.62g (30.47%), Folate: 94.39µg (23.6%), Magnesium: 85.62mg (21.41%), Vitamin B6: 0.42mg (20.95%), Potassium: 690.6mg (19.73%), Zinc: 2.71mg (18.09%), Vitamin E: 2.5mg (16.64%), Iron: 2.98mg (16.53%), Vitamin B1: 0.23mg (15.16%), Copper: 0.28mg (13.89%), Vitamin B3: 2.44mg (12.2%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.56mg (5.58%)