



Spaghetti with caramelised onion, kale & gorgonzola

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 large onion red halved very thinly sliced
- ☐ 1 tbsp thyme leaves chopped
- ☐ 1 large pinch pepper
- ☐ 75 ml red wine vinegar
- ☐ 1 tbsp sugar
- ☐ 200 ml vegetable stock

- ☐ 400 g pasta like spaghetti
- ☐ 200 g kale chopped
- ☐ 100 g gorgonzola crumbled

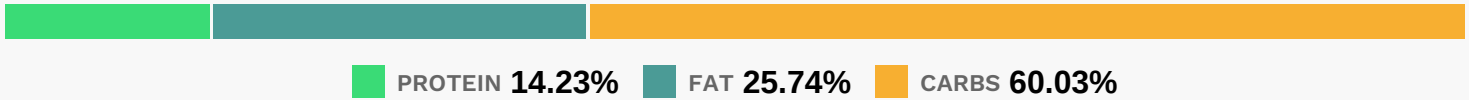
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a large frying pan.
- ☐ Add the onions, thyme and some seasoning. Saut for 10 mins until softened, then add the chilli flakes, vinegar, sugar and stock. Increase the heat and cook for another 10 mins.
- ☐ Meanwhile, boil a large pan of water, add some salt and cook the spaghetti following pack instructions, adding the kale for the final 4 mins of cooking.
- ☐ Drain and return to the pot with a little of the cooking water. Tip in the onion mixture and half the cheese, and toss together.
- ☐ Serve topped with the remaining cheese.

Nutrition Facts



Properties

Glycemic Index:72.02, Glycemic Load:33.82, Inflammation Score:-10, Nutrition Score:30.895217317602%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 14.56mg, Isorhamnetin: 14.56mg, Isorhamnetin: 14.56mg, Isorhamnetin: 14.56mg Kaempferol: 23.76mg, Kaempferol: 23.76mg, Kaempferol: 23.76mg, Kaempferol: 23.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 22.45mg, Quercetin: 22.45mg, Quercetin: 22.45mg, Quercetin: 22.45mg

Nutrients (% of daily need)

Calories: 580.1kcal (29.01%), Fat: 16.53g (25.43%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 86.72g (28.91%), Net Carbohydrates: 80.28g (29.19%), Sugar: 8.94g (9.94%), Cholesterol: 18.75mg (6.25%), Sodium: 523.11mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.13%), Vitamin K: 200.16µg (190.63%), Vitamin A: 5383.19IU (107.66%), Selenium: 67.57µg (96.53%), Manganese: 1.36mg (67.95%), Vitamin C: 53.67mg (65.05%), Phosphorus: 332.65mg (33.26%), Calcium: 301.06mg (30.11%), Fiber: 6.44g (25.75%), Magnesium: 84.34mg (21.09%), Vitamin B2: 0.35mg (20.76%), Copper: 0.36mg (17.95%), Folate: 69.24µg (17.31%), Vitamin B6: 0.33mg (16.48%), Zinc: 2.4mg (16.01%), Potassium: 559.96mg (16%), Iron: 2.73mg (15.16%), Vitamin B3: 2.64mg (13.22%), Vitamin B1: 0.18mg (12%), Vitamin E: 1.53mg (10.21%), Vitamin B5: 0.98mg (9.84%), Vitamin B12: 0.31µg (5.08%)