



## Spaghetti With Wilted Greens and Walnut-Parsley Pesto



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 cup baby spinach fresh packed
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 6 large eggs
- ☐ 1 cup flat-leaf parsley fresh packed
- ☐ 1 small clove garlic peeled chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 2 tablespoons olive oil
- ☐ 1 bunch swiss chard chopped
- ☐ 0.3 cup walnuts toasted
- ☐ 1 pound pasta like spaghetti whole-wheat

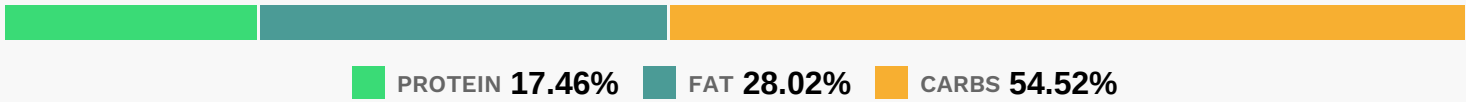
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Bring a large pot of water to a boil over high heat. Cook pasta according to package directions; reserve 1/4 cup of pasta cooking water.
- ☐ Add chard after 5 minutes of cooking and drain; return pasta and greens to pot.
- ☐ While pasta is cooking, combine parsley, spinach, walnuts, garlic, 2 tablespoons oil, lemon zest, 1 tablespoon water, and 1/4 teaspoon each salt and pepper in a food processor; pulse until chunky.
- ☐ In a large nonstick skillet, heat remaining 2 teaspoons olive oil over medium-high heat. Working in batches, crack eggs into skillet. Cook until the whites are completely firm but the yolks are still soft (about 2 minutes). Season eggs with remaining 1/4 teaspoon each salt and pepper.
- ☐ Toss reserved pasta mixture with pesto and enough reserved cooking water to make a thin sauce. Divide pasta among 6 shallow bowls and top each with a fried egg.

## Nutrition Facts



## Properties

Glycemic Index:29.67, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:33.620434574459%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 3.05mg, Myricetin: 3.05mg, Myricetin: 3.05mg, Myricetin: 3.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 422.71kcal (21.14%), Fat: 13.86g (21.32%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 60.67g (20.22%), Net Carbohydrates: 59.07g (21.48%), Sugar: 0.98g (1.09%), Cholesterol: 186mg (62%), Sodium: 385.24mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.85%), Vitamin K: 594.45µg (566.14%), Manganese: 2.74mg (137.08%), Selenium: 71.34µg (101.92%), Vitamin A: 4406.92IU (88.14%), Magnesium: 169.75mg (42.44%), Vitamin C: 29.65mg (35.94%), Phosphorus: 342.01mg (34.2%), Iron: 5.4mg (30.02%), Vitamin B1: 0.44mg (29.17%), Copper: 0.57mg (28.43%), Folate: 98.51µg (24.63%), Vitamin B2: 0.4mg (23.8%), Vitamin B3: 4.33mg (21.63%), Zinc: 2.9mg (19.31%), Vitamin B6: 0.35mg (17.52%), Vitamin B5: 1.67mg (16.72%), Vitamin E: 2.3mg (15.37%), Potassium: 516.73mg (14.76%), Calcium: 107.05mg (10.7%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Fiber: 1.6g (6.4%)