



WHATSheATE



HEALTH SCORE

100%

Venetian-style pasta



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



2

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 onion red sliced



1 tbsp olive oil



200 g soup noodles



4 tsp balsamic vinegar



2 tbsp golden raisins



4 tsp caper drained and rinsed well



2 tbsp pinenuts toasted



140 g pkt spinach

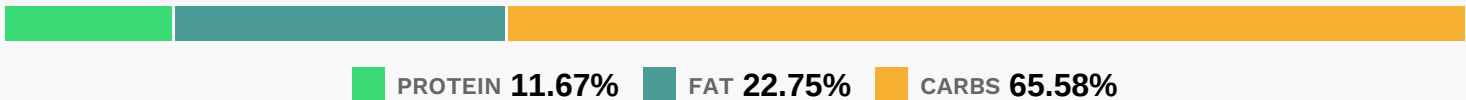
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Start frying the onions in the oil in a non-stick frying pan youll need to cook them for about 10 mins until theyre very soft. Meanwhile, boil the pasta.
- ☐ Stir the vinegar, sultanas, capers and most of the pine nuts into the soft onions with some seasoning, then cook for 1 min more to soften the sultanas. Stir in the spinach with a splash of pasta water.
- ☐ Drain the pasta, then toss with the onion mix the spinach should wilt as you do. Divide between 2 bowls, scatter with the remaining pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:103.83, Glycemic Load:39.93, Inflammation Score:-10, Nutrition Score:34.29608691257%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 10.84mg, Kaempferol: 10.84mg, Kaempferol: 10.84mg, Kaempferol: 10.84mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 32.37mg, Quercetin: 32.37mg, Quercetin: 32.37mg, Quercetin: 32.37mg

Nutrients (% of daily need)

Calories: 615.83kcal (30.79%), Fat: 15.84g (24.36%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 102.72g (34.24%), Net Carbohydrates: 95.02g (34.55%), Sugar: 18.47g (20.52%), Cholesterol: 0mg (0%), Sodium: 181.04mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.55%), Vitamin K: 349.75µg (333.1%), Manganese: 2.63mg (131.51%), Vitamin A: 6574.52IU (131.49%), Selenium: 64.67µg (92.39%), Folate: 179.47µg (44.87%), Magnesium: 152.24mg (38.06%), Vitamin C: 28.54mg (34.6%), Phosphorus: 332.36mg (33.24%), Copper: 0.63mg (31.35%), Fiber: 7.71g (30.83%), Potassium: 959.34mg (27.41%), Iron: 4.43mg (24.62%), Vitamin E: 3.55mg (23.65%), Vitamin B6: 0.47mg (23.46%), Zinc: 2.68mg (17.88%), Vitamin B2: 0.28mg (16.41%), Vitamin B1: 0.23mg (15.57%), Vitamin B3: 2.97mg (14.85%), Calcium: 129.68mg (12.97%), Vitamin B5: 0.67mg (6.65%)