



Whole-grain Penne with Walnuts, Caramelized Onions, and Ricotta Salata

READY IN



80 min.

SERVINGS



8

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 0.7 cup flat parsley loosely packed chopped
- 10 ounce rotini pasta
- 1.5 tablespoons juice of lemon fresh
- 5 tablespoons olive oil
- 4 lbs onion peeled thinly sliced
- 1 pound pecorino crumbled (see Notes)
- 2 tsp salt

- 0.8 teaspoon sugar
- 1.8 cups walnut halves

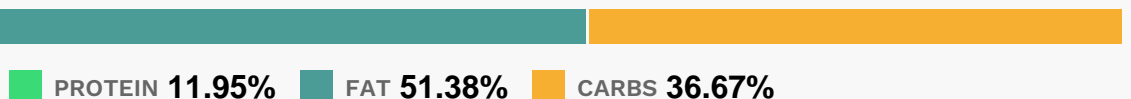
Equipment

- frying pan
- ziploc bags
- rolling pin

Directions

- In a large frying pan over high heat, cook onions in 3 tbsp. olive oil with sugar and 2 tsp. salt, stirring and turning often, until onions begin to release their juices and turn golden, 10 to 13 minutes. Reduce heat to medium and cook, stirring occasionally, until onions turn a caramel color and become quite sweet, 35 to 40 minutes more. If onions begin to stick to the pan or char during cooking, reduce heat.
- Meanwhile, in a small frying pan (not nonstick) over medium-low heat, toast walnuts, stirring frequently, until fragrant and golden, about 10 minutes.
- Remove from heat and cool slightly.
- Pour walnuts into a zip-lock plastic bag and lightly crush with a rolling pin. Set aside.
- When onions are nearly done, cook pasta in boiling salted water until tender to the bite, 9 to 12 minutes or according to package instructions.
- Drain pasta, reserving about 1/2 cup cooking water.
- Toss caramelized onions with pasta, walnuts, ricotta salata, parsley, reserved cooking water, lemon juice, pepper, and remaining 2 tbsp. olive oil. Season to taste with salt.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:16.5, Inflammation Score:-9, Nutrition Score:23.505217313766%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 46.06mg, Quercetin: 46.06mg, Quercetin: 46.06mg, Quercetin: 46.06mg

Nutrients (% of daily need)

Calories: 570.38kcal (28.52%), Fat: 33.62g (51.72%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 54g (18%), Net Carbohydrates: 47.02g (17.1%), Sugar: 11.87g (13.19%), Cholesterol: 28.92mg (9.64%), Sodium: 643.79mg (27.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Vitamin K: 90.14µg (85.85%), Manganese: 1.55mg (77.62%), Selenium: 33.04µg (47.19%), Phosphorus: 314.6mg (31.46%), Copper: 0.62mg (31.15%), Vitamin C: 24.85mg (30.13%), Fiber: 6.97g (27.89%), Vitamin B6: 0.49mg (24.56%), Magnesium: 91.46mg (22.87%), Folate: 89.58µg (22.4%), Calcium: 211.24mg (21.12%), Potassium: 618.34mg (17.67%), Zinc: 2.39mg (15.96%), Vitamin B1: 0.24mg (15.75%), Vitamin B2: 0.24mg (13.97%), Vitamin A: 685.39IU (13.71%), Iron: 2.3mg (12.78%), Vitamin E: 1.63mg (10.88%), Vitamin B5: 0.73mg (7.27%), Vitamin B3: 1.28mg (6.42%), Vitamin B12: 0.19µg (3.21%)