



 **100%**
HEALTH SCORE

Whole-Wheat Spaghetti with Swiss Chard and Pecorino Cheese

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes diced with juices canned
- 0.3 cup cooking wine dry white
- 3 garlic cloves minced
- 0.3 cup kalamata olives pitted coarsely chopped
- 1 tablespoon olive oil
- 2 onions thinly sliced
- 2 tablespoons pecorino cheese freshly grated

- 2 tablespoons pinenuts toasted
- 0.3 teaspoon pepper flakes dried red crushed
- 4 servings salt and pepper
- 14 cups swiss chard trimmed chopped
- 8 ounces pasta like spaghetti whole-wheat

Equipment

- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Heat the oil in a heavy large frying pan over medium heat.
- Add the onions and saute until tender, about 8 minutes.
- Add the chard and saute until it wilts, about 2 minutes.
- Add the garlic and saute until fragrant, about 1 minute. Stir in the tomatoes with their juices, wine, and red pepper flakes. Bring to a simmer. Cover and simmer until the tomatoes begin to break down and the chard is very tender, stirring occasionally, about 5 minutes. Season the chard mixture, to taste, with salt and pepper.
- Meanwhile, bring a large pot of salted water to a boil.
- Add the spaghetti and cook until tender but still firm to the bite, stirring frequently, about 8 to 10 minutes.
- Drain the spaghetti.
- Add the spaghetti to the chard mixture and toss to combine.
- Transfer the pasta to serving bowls.
- Sprinkle the olives, cheese, and pine nuts and serve.

Nutrition Facts



■ PROTEIN 14.6% ■ FAT 23.2% ■ CARBS 62.2%

Properties

Glycemic Index:42.25, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:36.37347854933%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg Myricetin: 3.96mg, Myricetin: 3.96mg, Myricetin: 3.96mg, Myricetin: 3.96mg Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg

Nutrients (% of daily need)

Calories: 378.64kcal (18.93%), Fat: 10.3g (15.85%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 62.15g (20.72%), Net Carbohydrates: 56.69g (20.62%), Sugar: 8.66g (9.62%), Cholesterol: 2.6mg (0.87%), Sodium: 769.54mg (33.46%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 14.59g (29.18%), Vitamin K: 1056.67µg (1006.35%), Vitamin A: 8010.46IU (160.21%), Manganese: 2.95mg (147.54%), Selenium: 44.25µg (63.21%), Vitamin C: 52.07mg (63.11%), Magnesium: 225.95mg (56.49%), Copper: 0.78mg (38.9%), Iron: 6.24mg (34.65%), Vitamin E: 5.02mg (33.49%), Phosphorus: 307.68mg (30.77%), Vitamin B1: 0.46mg (30.4%), Potassium: 1038.58mg (29.67%), Vitamin B6: 0.52mg (25.94%), Vitamin B3: 5.02mg (25.1%), Fiber: 5.46g (21.83%), Folate: 76.15µg (19.04%), Zinc: 2.61mg (17.39%), Calcium: 172.31mg (17.23%), Vitamin B2: 0.29mg (17.05%), Vitamin B5: 1.18mg (11.77%)