



Winter Greens and Mushroom Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces angel hair pasta
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.3 cup croutons plain crushed toasted
- ☐ 1 bunch dandelion greens chopped
- ☐ 0.3 cup flat-leaf parsley leaves
- ☐ 1 large garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 leek light white green chopped
- ☐ 0.3 cup olive oil divided

- ☐ 4 ounces radicchio thinly roughly chopped
- ☐ 0.5 cup whole-milk ricotta cheese low-fat

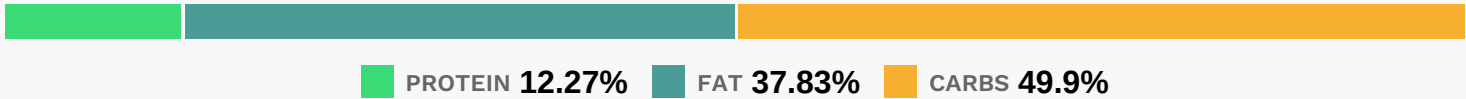
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions. Reserve 1 cup pasta water, then drain.
- ☐ Heat 2 tbsp. oil in a large frying pan over high heat.
- ☐ Add mushrooms and cook until browned, about 5 minutes. Stir in leek and garlic and cook until fragrant, about 1 minute.
- ☐ Add greens, radicchio, and salt and cook until just warm, about 1 minute (add a bit of water if pan starts to scorch).
- ☐ Toss pasta, vegetables, and reserved pasta water together. Top with dollops of ricotta, croutons, a drizzle of remaining 2 tbsp. oil, and parsley.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:14.69, Inflammation Score:-7, Nutrition Score:19.013043250727%

Flavonoids

Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 10.84mg, Luteolin: 10.84mg, Luteolin: 10.84mg, Luteolin: 10.84mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 344.93kcal (17.25%), Fat: 14.51g (22.32%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 40.4g (14.69%), Sugar: 4.18g (4.65%), Cholesterol: 4.92mg (1.64%), Sodium: 646.77mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin K: 174.88µg (166.55%), Selenium: 42.91µg (61.3%), Manganese: 0.65mg (32.44%), Copper: 0.54mg (27.17%), Vitamin B2: 0.33mg (19.38%), Vitamin E:

2.89mg (19.26%), Phosphorus: 173.91mg (17.39%), Vitamin A: 825.23IU (16.5%), Vitamin B3: 3.21mg (16.07%), Folate: 63.24µg (15.81%), Potassium: 508.79mg (14.54%), Vitamin C: 11.91mg (14.44%), Vitamin B5: 1.17mg (11.74%), Fiber: 2.64g (10.57%), Iron: 1.9mg (10.53%), Vitamin B6: 0.21mg (10.28%), Magnesium: 40.93mg (10.23%), Zinc: 1.51mg (10.05%), Calcium: 97.49mg (9.75%), Vitamin B1: 0.13mg (8.53%)