



Angel Hair Pasta with Broccoli and Herb Butter

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 2 cups broccoli florets
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 0.5 cup butter unsalted european-style room temperature (1 stick)

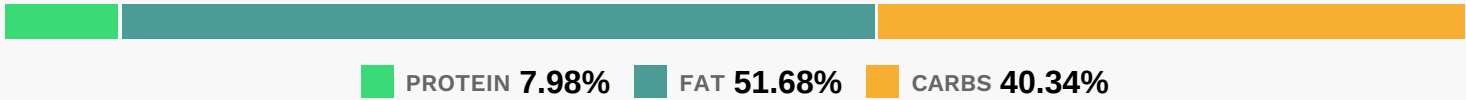
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Mix first 4 ingredients in small bowl.
- ☐ Bring large pot of salted water to boil.
- ☐ Add 2 teaspoons olive oil.
- ☐ Add pasta and cook until almost tender, about 3 minutes.
- ☐ Add broccoli and boil until pasta is tender but still firm to bite and broccoli is crisp-tender, about 1 minute longer.
- ☐ Drain pasta and broccoli; transfer to large serving bowl.
- ☐ Add herb butter and toss well to coat. Season to taste with salt and pepper.
- ☐ Serve, passing Parmesan cheese separately if desired.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:17.7, Inflammation Score:-8, Nutrition Score:16.35130413978%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 449.02kcal (22.45%), Fat: 26.07g (40.1%), Saturated Fat: 15.06g (94.15%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 42.68g (15.52%), Sugar: 2.33g (2.59%), Cholesterol: 61.01mg (20.34%), Sodium: 22.87mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.11%), Vitamin K: 86.62µg (82.49%), Selenium: 37.37µg (53.38%), Vitamin C: 43.66mg (52.92%), Manganese: 0.64mg (32.19%), Vitamin A: 1213.85IU (24.28%), Phosphorus: 146.87mg (14.69%), Fiber: 3.1g (12.38%), Folate: 43.46µg (10.87%), Magnesium: 42mg (10.5%), Copper: 0.2mg (9.99%), Vitamin E: 1.39mg (9.25%), Vitamin B6: 0.17mg (8.68%), Potassium: 294.09mg (8.4%), Zinc: 1.05mg (7%), Iron: 1.25mg (6.97%), Vitamin B3: 1.31mg (6.54%), Vitamin B2: 0.1mg (5.91%), Vitamin B1: 0.09mg

(5.89%), Vitamin B5: 0.55mg (5.51%), Calcium: 46.01mg (4.6%), Vitamin D: 0.43µg (2.84%)