



WHATSheATE



Bow-Tie Pasta With Broccoli and Potatoes

READY IN



30 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 head boston lettuce
- ☐ 12 ounces bow-tie pasta
- ☐ 1 large bunch broccoli chopped
- ☐ 4 ounces fontina grated
- ☐ 4 servings kosher salt
- ☐ 2 leeks light white green sliced into half-moons
- ☐ 1 ounce parmesan cheese grated plus more for topping
- ☐ 4 servings pepper freshly ground
- ☐ 2 medium potatoes peeled cut into 1-inch pieces

☐ 4 tablespoons butter unsalted

Equipment

☐ frying pan

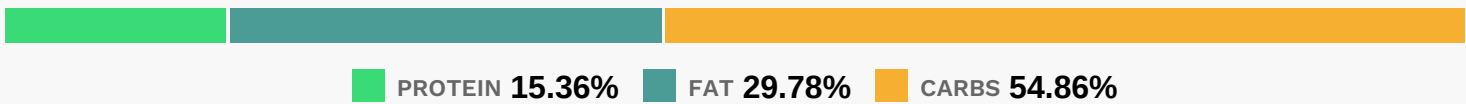
☐ pot

☐ colander

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the potatoes and cook 10 minutes, then add the broccoli and pasta and cook as the pasta label directs.
- ☐ Meanwhile, melt the butter in a large skillet over medium heat.
- ☐ Add the leeks, 1 1/2 teaspoons salt, and pepper to taste. Cook until soft, about 7 minutes.
- ☐ Put the lettuce in a colander. Reserve 1 cup cooking water, then drain the pasta, broccoli and potatoes over the lettuce to wilt it. Return the pasta and vegetables to the pot.
- ☐ Add the leeks to the pot and stir in enough of the reserved cooking water to moisten. Stir in the cheeses and season with salt and pepper. Top with more parmesan.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:43.01, Inflammation Score:-10, Nutrition Score:39.945217526477%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 13.97mg, Kaempferol: 13.97mg, Kaempferol: 13.97mg, Kaempferol: 13.97mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 722.41kcal (36.12%), Fat: 24.33g (37.42%), Saturated Fat: 14.2g (88.75%), Carbohydrates: 100.82g (33.61%), Net Carbohydrates: 90.53g (32.92%), Sugar: 8.26g (9.17%), Cholesterol: 69.15mg (23.05%), Sodium:

618.77mg (26.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.46%), Vitamin K: 221.75µg (211.19%), Vitamin C: 163.41mg (198.08%), Selenium: 65.3µg (93.28%), Manganese: 1.57mg (78.64%), Vitamin A: 3711.09IU (74.22%), Phosphorus: 497.33mg (49.73%), Folate: 188.9µg (47.22%), Vitamin B6: 0.87mg (43.4%), Fiber: 10.29g (41.16%), Potassium: 1331.34mg (38.04%), Calcium: 365.1mg (36.51%), Magnesium: 126.15mg (31.54%), Iron: 4.6mg (25.54%), Copper: 0.51mg (25.44%), Zinc: 3.58mg (23.86%), Vitamin B2: 0.39mg (22.87%), Vitamin B1: 0.33mg (21.88%), Vitamin B3: 3.92mg (19.59%), Vitamin B5: 1.84mg (18.38%), Vitamin E: 2.21mg (14.74%), Vitamin B12: 0.6µg (9.93%), Vitamin D: 0.42µg (2.77%)