



 **71%**  
HEALTH SCORE

## Bow Tie Pasta with Broccoli, Garlic, and Lemon

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 head broccoli cut into florets
- 8 ounce farfalle pasta (bow tie)
- 3 cloves garlic minced
- 0.1 teaspoon pepper black
- 3 tablespoons juice of lemon freshly squeezed
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup parmesan cheese grated

0.5 teaspoon salt

## Equipment

bowl

frying pan

pot

## Directions

Warm olive oil in a small frying pan over low heat. Slowly cook garlic in oil until golden, about 2 to 3 minutes. Be very careful not to burn garlic. Stir in lemon juice, and season with salt and pepper.

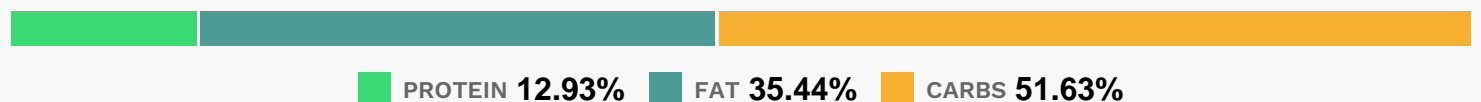
Meanwhile, cook pasta in a large pot of boiling salted water. About 5 minutes before pasta is done, drop broccoli into the pasta water. Continue to cook until pasta is cooked and broccoli is crisp-tender.

Drain.

Toss pasta, broccoli, and lemon sauce in a large bowl.

Sprinkle with grated Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:24.956521866762%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

## Nutrients (% of daily need)

Calories: 413.67kcal (20.68%), Fat: 16.71g (25.71%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 54.77g (18.26%), Net Carbohydrates: 48.9g (17.78%), Sugar: 4.41g (4.9%), Cholesterol: 5.44mg (1.81%), Sodium: 454.4mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin C: 140.64mg (170.47%), Vitamin K: 163.47µg (155.69%), Selenium: 42.16µg (60.22%), Manganese: 0.89mg (44.61%), Folate: 108.67µg (27.17%), Phosphorus: 251.55mg (25.15%), Fiber: 5.86g (23.45%), Vitamin E: 3.24mg (21.62%), Vitamin A: 1002.24IU (20.04%), Vitamin B6: 0.38mg (19.24%), Potassium: 639.89mg (18.28%), Magnesium: 65.51mg (16.38%), Calcium: 143.94mg (14.39%), Vitamin B2: 0.24mg (13.98%), Copper: 0.25mg (12.52%), Vitamin B5: 1.16mg (11.65%), Zinc: 1.73mg (11.51%), Vitamin B1: 0.17mg (11.19%), Iron: 2.01mg (11.15%), Vitamin B3: 1.97mg (9.83%), Vitamin B12: 0.08µg (1.41%)