



## Broccoli and Bow Ties

READY IN



23 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 cups broccoli florets (4 heads)
- 0.5 pound farfalle pasta (bow tie)
- 1 teaspoon garlic minced
- 8 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 1 lemon zest
- 2 tablespoons olive oil good
- 8 servings parmesan freshly grated

- 0.3 cup pignoli nuts toasted (pine)
- 2 tablespoons butter unsalted

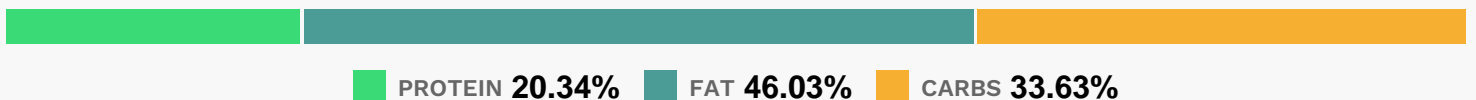
## Equipment

- bowl
- frying pan
- pot
- sieve
- slotted spoon

## Directions

- Watch how to make this recipe.
- Cook the broccoli for 3 minutes in a large pot of boiling salted water.
- Remove the broccoli from the water with a slotted spoon or sieve.
- Place in a large bowl and set aside.
- In the same water, cook the bow-tie pasta according to the package directions, about 12 minutes.
- Drain well and add to the broccoli.
- Meanwhile, in a small saute pan, heat the butter and oil and cook the garlic and lemon zest over medium-low heat for 1 minute. Off the heat, add 2 teaspoons salt, the pepper, and lemon juice and pour this over the broccoli and pasta. Toss well. Season to taste, sprinkle with the pignolis and cheese, if using, and serve.
- To toast pignolis, place them in a dry saute pan over medium-low heat and cook, tossing often, for about 5 minutes, until light brown.

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:10, Inflammation Score:-8, Nutrition Score:22.794347747512%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 339.78kcal (16.99%), Fat: 17.75g (27.31%), Saturated Fat: 7.6g (47.47%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 25.63g (9.32%), Sugar: 2.78g (3.09%), Cholesterol: 27.92mg (9.31%), Sodium: 706.81mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Vitamin C: 83.02mg (100.63%), Vitamin K: 98.2µg (93.52%), Manganese: 0.85mg (42.57%), Calcium: 407.94mg (40.79%), Selenium: 27.07µg (38.68%), Phosphorus: 347.95mg (34.79%), Vitamin A: 891.12IU (17.82%), Folate: 66.58µg (16.64%), Magnesium: 58.53mg (14.63%), Fiber: 3.55g (14.22%), Vitamin B2: 0.24mg (13.85%), Zinc: 1.88mg (12.55%), Vitamin E: 1.79mg (11.95%), Vitamin B6: 0.24mg (11.9%), Potassium: 410.78mg (11.74%), Copper: 0.2mg (9.81%), Iron: 1.56mg (8.67%), Vitamin B5: 0.81mg (8.05%), Vitamin B1: 0.12mg (7.94%), Vitamin B3: 1.34mg (6.7%), Vitamin B12: 0.37µg (6.1%), Vitamin D: 0.2µg (1.35%)