



Broccoli And Cheese Penne

READY IN



60 min.

SERVINGS



6

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings breadcrumbs
- 6 servings broccoli
- 6 servings cheddar cheese grated
- 6 servings cup heavy whipping cream
- 6 servings eggs
- 1 leaf flat parsley fresh finely chopped
- 6 servings garlic
- 6 servings lemon zest finely grated
- 6 servings milk

- 6 servings parmesan cheese finely grated
- 6 servings penne pasta

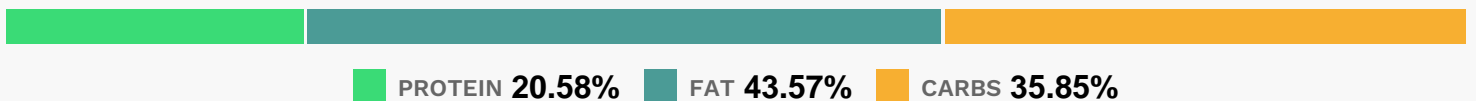
Equipment

- bowl
- sauce pan
- oven

Directions

- Preheat oven to 425°F. Oil a deep 8-cup ovenproof dish. Cook pasta in large saucepan of boiling water until tender.
- Add broccoli for last 5 minutes of pasta cooking time; drain. Rinse pasta and broccoli under cold water; drain, cool.
- Combine pasta, broccoli, eggs, cream, milk and cheddar in large bowl; season. Spoon mixture into dish; sprinkle with combined breadcrumbs, parmesan, garlic, rind and parsley.
- Bake, uncovered, about 40 minutes or until browned lightly and set. Stand 10 minutes before serving. More vegetarian pasta recipes on Food Republic: Spaghetti With Spring Vegetables, Ramp Pesto And Pecorino Recipe
- Barley Risotto With Blue Cheese And Spinach Recipe
- Sweet Potato Gnocchi Recipe

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:22.19, Inflammation Score:-9, Nutrition Score:34.887391256249%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 775.86kcal (38.79%), Fat: 37.56g (57.79%), Saturated Fat: 20.1g (125.65%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 66.08g (24.03%), Sugar: 15.36g (17.07%), Cholesterol: 266.01mg (88.67%), Sodium: 972.15mg (42.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.92g (79.84%), Selenium: 77.02µg (110.03%), Calcium: 868.63mg (86.86%), Phosphorus: 825.95mg (82.6%), Vitamin B2: 0.93mg (54.75%), Vitamin C: 40.75mg (49.4%), Vitamin K: 50.95µg (48.53%), Vitamin B12: 2.49µg (41.52%), Manganese: 0.8mg (39.95%), Zinc: 5.16mg (34.37%), Vitamin A: 1702.01IU (34.04%), Vitamin D: 4.13µg (27.56%), Magnesium: 98.29mg (24.57%), Vitamin B5: 2.41mg (24.12%), Vitamin B6: 0.48mg (24.01%), Vitamin B1: 0.36mg (23.91%), Potassium: 816.06mg (23.32%), Folate: 78.25µg (19.56%), Iron: 2.56mg (14.24%), Fiber: 3.48g (13.9%), Copper: 0.28mg (13.8%), Vitamin B3: 2.26mg (11.29%), Vitamin E: 1.52mg (10.11%)