



## Broccoli and Garlic Penne Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups broccoli
- 1 cup chicken broth swanson®
- 4.5 cups penne rigate hot tube-shaped cooked (medium pasta)
- 0.5 teaspoon basil dried crushed
- 2 cloves garlic minced
- 0.1 teaspoon pepper black
- 1 tablespoon juice of lemon
- 2 tablespoons parmesan cheese grated

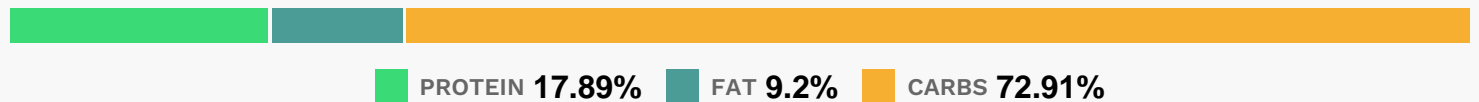
## Equipment

frying pan

## Directions

- Mix broth, basil, pepper, garlic and broccoli in skillet.
- Heat to a boil. Cover and cook over low heat for 3 minutes or until broccoli is tender-crisp.
- Add pasta and lemon juice. Toss to coat.
- Serve with cheese.

## Nutrition Facts



## Properties

Glycemic Index:35.63, Glycemic Load:14.48, Inflammation Score:-6, Nutrition Score:14.759565304803%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 191.09kcal (9.55%), Fat: 1.98g (3.05%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 31.77g (11.55%), Sugar: 2.02g (2.25%), Cholesterol: 3.35mg (1.12%), Sodium: 284.85mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Vitamin C: 60.79mg (73.69%), Vitamin K: 69.63µg (66.32%), Selenium: 28.23µg (40.33%), Manganese: 0.52mg (26.07%), Fiber: 3.54g (14.17%), Folate: 49.62µg (12.4%), Phosphorus: 120.26mg (12.03%), Iron: 1.9mg (10.58%), Vitamin B6: 0.19mg (9.33%), Vitamin A: 435.61IU (8.71%), Magnesium: 34.13mg (8.53%), Vitamin B2: 0.14mg (8.44%), Potassium: 279.81mg (7.99%), Copper: 0.15mg (7.32%), Calcium: 68.18mg (6.82%), Zinc: 0.94mg (6.24%), Vitamin B1: 0.08mg (5.54%), Vitamin B5: 0.51mg (5.14%), Vitamin B3: 0.96mg (4.78%), Vitamin E: 0.63mg (4.2%)