



Broccoli Fettuccine

READY IN



25 min.

SERVINGS



2

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets
- 14 ounces canned tomatoes canned
- 2 teaspoons cornstarch
- 0.5 teaspoon thyme dried
- 4 ounces fettuccine barilla uncooked
- 3 tablespoons spring onion chopped
- 0.3 teaspoon oregano dried
- 2 teaspoons parmesan cheese grated
- 0.3 teaspoon pepper

1 teaspoon vegetable oil

0.3 cup water

Equipment

frying pan

Directions

Cook fettuccine according to package directions. Meanwhile, in a skillet, stir-fry the broccoli and onions in oil for 3 minutes.

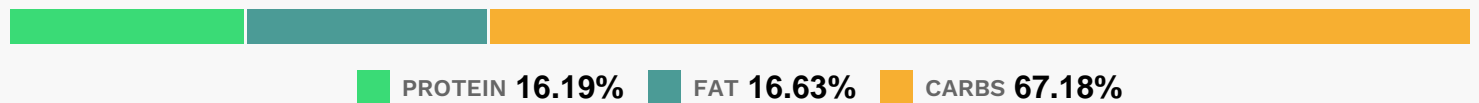
Add the tomatoes, oregano, thyme and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 6 minutes.

Combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook for 1 minute.

Drain fettuccine; top with broccoli mixture.

Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:22.37, Inflammation Score:-9, Nutrition Score:31.422173717748%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 365.29kcal (18.26%), Fat: 7.1g (10.92%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 55.99g (20.36%), Sugar: 11.57g (12.86%), Cholesterol: 51.92mg (17.31%), Sodium: 393.49mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Vitamin K: 132.72µg (126.4%), Vitamin C: 101.25mg (122.73%), Selenium: 50.01µg (71.45%), Manganese: 1.12mg (56.14%), Fiber: 8.52g (34.09%), Potassium: 1049.83mg (30%), Copper: 0.6mg (29.92%), Vitamin B6: 0.59mg (29.68%), Phosphorus: 296.31mg (29.63%), Iron: 4.91mg (27.29%), Folate: 106.95µg (26.74%), Vitamin E: 3.73mg (24.84%), Magnesium: 97.22mg (24.3%), Vitamin A: 1176.23IU (23.52%), Vitamin B3: 4.28mg (21.38%), Vitamin B1: 0.32mg (21.21%), Calcium: 190.89mg (19.09%), Vitamin B2: 0.29mg (16.92%), Vitamin B5: 1.62mg (16.19%), Zinc: 2.28mg (15.17%), Vitamin B12: 0.23µg (3.85%), Vitamin D:

0.19 μ g (1.3%)