



 **48%**
HEALTH SCORE

Broccoli n Tomato Pasta

READY IN



20 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 quarts water
- 8 ounces pasta like spaghetti uncooked
- 2 cups broccoli florets fresh
- 2 large tomatoes peeled seeded coarsely chopped
- 2 garlic clove minced
- 0.3 teaspoon pepper red crushed
- 2 tablespoons olive oil
- 0.5 cup olives ripe sliced
- 0.5 cup parsley fresh minced

- 0.3 cup pecorino cheese grated
- 0.8 teaspoon salt
- 0.1 teaspoon pepper

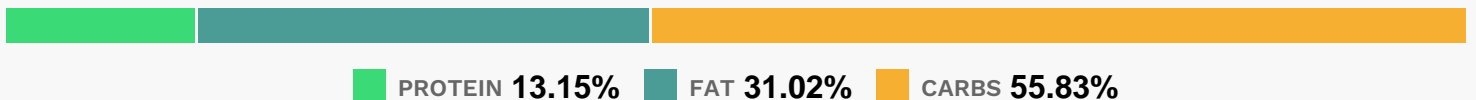
Equipment

- frying pan
- dutch oven

Directions

- In a large skillet or Dutch oven, bring water to a boil.
- Add spaghetti; boil, uncovered, for 5 minutes.
- Add broccoli; boil 3–4 minutes longer or until pasta and broccoli are tender.
- Meanwhile, in a nonstick skillet, saute the tomatoes, garlic and pepper flakes in oil for 2 minutes.
- Drain pasta mixture; add to the skillet.
- Add remaining ingredients and toss to coat.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.82, Inflammation Score:-9, Nutrition Score:22.528260908049%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 358.18kcal (17.91%), Fat: 12.56g (19.32%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 45.86g (16.68%), Sugar: 4.91g (5.45%), Cholesterol: 6.5mg (2.17%), Sodium: 839.39mg (36.5%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.98g (23.96%), Vitamin K: 181.5µg (172.86%), Vitamin C: 63.5mg (76.97%), Selenium: 38.28µg (54.69%), Manganese: 0.77mg (38.44%), Vitamin A: 1803.09IU (36.06%), Phosphorus: 214.32mg (21.43%), Fiber: 4.98g (19.94%), Copper: 0.39mg (19.68%), Vitamin E: 2.68mg (17.87%), Magnesium: 65.56mg (16.39%), Folate: 64.96µg (16.24%), Potassium: 549.34mg (15.7%), Calcium: 153.05mg (15.31%), Vitamin B6: 0.27mg (13.58%), Iron: 2.01mg (11.15%), Zinc: 1.48mg (9.9%), Vitamin B3: 1.96mg (9.82%), Vitamin B1: 0.13mg (8.85%), Vitamin B2: 0.14mg (8.18%), Vitamin B5: 0.66mg (6.57%), Vitamin B12: 0.07µg (1.17%)