



Broccoli Noodle Side Dish

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound broccoli florets
- 0.5 teaspoon thyme dried
- 0.5 pound mushrooms fresh thinly sliced
- 0.5 pound mushrooms fresh thinly sliced
- 3 garlic clove minced
- 0.3 cup olive oil
- 0.3 teaspoon pepper
- 1 teaspoon salt

6 cups extra wide egg noodles uncooked

Equipment

frying pan

Directions

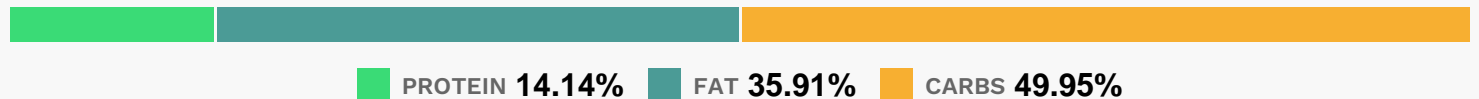
Cook noodles according to package directions. Meanwhile, in skillet, saute minced garlic in oil until tender.

Add broccoli; saute for 4 minutes or until crisp-tender.

Add the mushrooms, thyme, pepper and salt if desired; saute for 2-3 minutes.

Drain the noodles and add to the broccoli mixture. Stir gently over low heat until heated through.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:9.78, Inflammation Score:-6, Nutrition Score:16.207826194556%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 202.87kcal (10.14%), Fat: 8.43g (12.97%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.33g (8.48%), Sugar: 2.63g (2.93%), Cholesterol: 23.94mg (7.98%), Sodium: 318.59mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin C: 52.15mg (63.21%), Vitamin K: 63.23µg (60.22%), Selenium: 29.31µg (41.88%), Manganese: 0.42mg (21.09%), Vitamin B2: 0.32mg (18.91%), Phosphorus: 156.81mg (15.68%), Vitamin B3: 3.02mg (15.1%), Copper: 0.3mg (14.88%), Vitamin B5: 1.44mg (14.41%), Folate: 53.84µg (13.46%), Potassium: 434.99mg (12.43%), Fiber: 3.04g (12.18%), Vitamin B6: 0.23mg (11.71%), Vitamin E: 1.53mg (10.21%), Vitamin B1: 0.14mg (9.15%), Magnesium: 34.07mg (8.52%), Iron: 1.38mg (7.68%), Vitamin A: 373.72IU (7.47%), Zinc: 1.09mg (7.29%), Calcium: 42.07mg (4.21%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.2µg (1.33%)