



HEALTH SCORE

89%

Broccoli Rabe with Pasta and Sun Dried Tomatoes



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli rabe rinsed cut into 1 1/2 to 2 inch pieces (a large bunch)
- ☐ 4 servings salt
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 teaspoon pepper flakes red (depending on how spicy you like things)
- ☐ 1 teaspoons garlic chopped
- ☐ 2 ounces sun tomatoes dried packed in oil), roughly chopped
- ☐ 8 ounces penne pasta (or other favorite short pasta)

- ☐ 0.5 ounce parmesan cheese freshly grated
- ☐ 4 servings more salt
- ☐ 4 servings pepper black freshly ground

Equipment

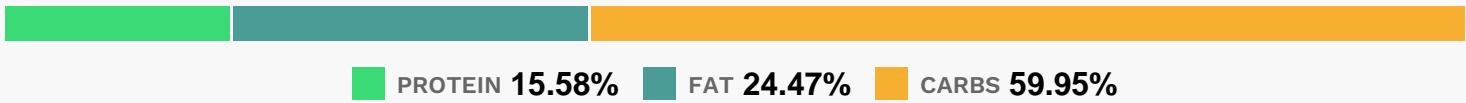
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ kitchen timer

Directions

- ☐ Blanch the broccoli rabe: Bring two large pots (4-quart pots filled at least half-way) of water to a boil, one pot for blanching the broccoli rabe, the other for the pasta.
- ☐ Whichever pot comes to a boil first, into it place the broccoli rabe. Blanch only for one minute, then use a slotted spoon to remove the rabe from the hot water to a large bowl of ice water to stop the cooking.
- ☐ Drain the rabe and pat dry with paper towels.
- ☐ Cook the pasta: Typically penne pasta takes about 10 minutes to cook to al dente. So start the pasta before you start sautéing the rabe.
- ☐ When the water comes to a rolling boil, add a tablespoon of salt to it, let the salt dissolve, then add the pasta.
- ☐ Once the water returns to a boil, start the timer.
- ☐ Let the pasta cook, at a rolling boil, uncovered, for whatever time is necessary to cook it to al dente, cooked through but still a little firm.
- ☐ Sauté the blanched broccoli rabe with garlic and chili flakes: Once the pasta is in the water, heat 2 tablespoons of olive oil in a large sauté pan on medium to medium high heat.
- ☐ Add the chopped garlic and the red chile flakes. Cook until the garlic just begins to brown at the edges.

- ☐ Then add to the pan the blanched broccoli rabe. Toss to coat with the olive oil, chile flakes, and garlic.
- ☐ Sprinkle with salt.
- ☐ Add sun dried tomatoes, pasta, and Parmesan: Cook the broccoli rabe about 5 minutes, until just tender. Stir in the chopped sun dried tomatoes.
- ☐ When the pasta is done, drain it and add it to the rabe.
- ☐ Sprinkle everything with black pepper and the grated Parmesan cheese. Toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:19.01, Inflammation Score:-10, Nutrition Score:27.150434615495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 350.39kcal (17.52%), Fat: 9.85g (15.15%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 47.59g (17.3%), Sugar: 7.29g (8.1%), Cholesterol: 3.08mg (1.03%), Sodium: 507.92mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Vitamin K: 264.75µg (252.14%), Vitamin A: 3165.52IU (63.31%), Manganese: 1.26mg (63.05%), Selenium: 39.13µg (55.89%), Vitamin C: 28.7mg (34.79%), Folate: 114.25µg (28.56%), Fiber: 6.7g (26.82%), Phosphorus: 264.55mg (26.46%), Iron: 4.55mg (25.3%), Potassium: 848.34mg (24.24%), Magnesium: 84.29mg (21.07%), Copper: 0.42mg (20.97%), Vitamin B1: 0.31mg (20.83%), Vitamin E: 2.98mg (19.84%), Calcium: 183.82mg (18.38%), Vitamin B3: 3.65mg (18.27%), Vitamin B6: 0.34mg (16.83%), Vitamin B2: 0.26mg (15.53%), Zinc: 2.12mg (14.16%), Vitamin B5: 0.92mg (9.24%)