



WHATSheATE



HEALTH SCORE

64%

Broccoli, walnut and blue cheese pasta



Vegetarian



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



815 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g penne pasta
- ☐ 250 g broccoli florets
- ☐ 2 tbsp olive oil
- ☐ 1 handful walnuts chopped
- ☐ 100 g cheese blue such as dolcelatte, cubed
- ☐ 1 juice of lemon

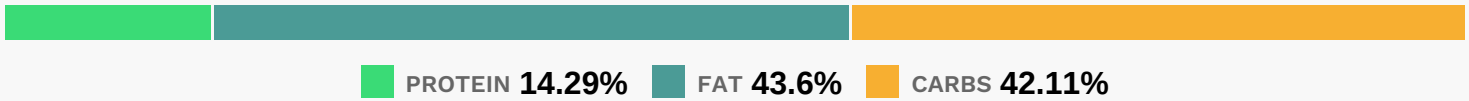
Equipment

- ☐ frying pan

Directions

- ☐ Cook penne; 4 mins before the end of cooking, throw in broccoli florets. Meanwhile, heat olive oil, add a handful chopped walnuts and fry gently for 1 min.
- ☐ Drain the pasta, adding 4 tbsp cooking water to the walnuts. Return the pasta to the pan, add the walnuts and creamy blue cheese. Gently stir on the heat, just to melt the cheese. Squeeze over lemon juice to serve.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:32.16, Inflammation Score:-9, Nutrition Score:35.748695741529%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg, Kaempferol: 9.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 815.16kcal (40.76%), Fat: 40.14g (61.75%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 87.23g (29.08%), Net Carbohydrates: 79.73g (28.99%), Sugar: 5.81g (6.46%), Cholesterol: 37.5mg (12.5%), Sodium: 622.98mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.2%), Vitamin C: 117.5mg (142.42%), Vitamin K: 137.63µg (131.08%), Selenium: 74.32µg (106.18%), Manganese: 1.7mg (84.89%), Phosphorus: 518.1mg (51.81%), Calcium: 359.49mg (35.95%), Folate: 132.45µg (33.11%), Copper: 0.61mg (30.56%), Fiber: 7.5g (30%), Magnesium: 115.35mg (28.84%), Vitamin B6: 0.53mg (26.56%), Vitamin B2: 0.42mg (24.82%), Zinc: 3.72mg (24.82%), Potassium: 827.74mg (23.65%), Vitamin A: 1164.15IU (23.28%), Vitamin E: 3.35mg (22.36%), Vitamin B5: 2.12mg (21.17%), Vitamin B1: 0.25mg (16.53%), Iron: 2.89mg (16.08%), Vitamin B3: 3.19mg (15.95%), Vitamin B12: 0.61µg (10.17%), Vitamin D: 0.25µg (1.67%)