



Broccolini, Spinach and Garlic Pasta

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce baby spinach leaves fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound broccolini steamed
- ☐ 2 tablespoons olive oil extra virgin for additional drizzling
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup marinated artichoke hearts drained

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 pound pasta noodles dry

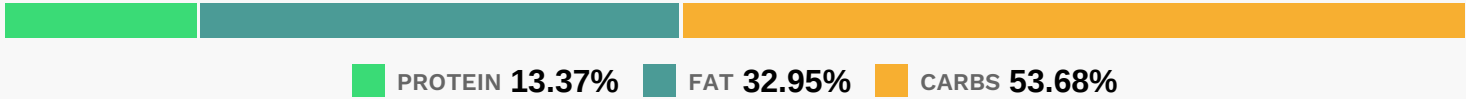
Equipment

- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and set aside.
- ☐ Heat olive oil in large dutch oven or pot over medium heat.
- ☐ Saute garlic and spinach for a few minutes, until spinach is wilted.
- ☐ Add broccolini, artichoke, cooked pasta, Parmesan Cheese, salt, pepper, garlic salt and additional olive oil. Stir to combine and reduce heat to low.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:11.71, Inflammation Score:-9, Nutrition Score:17.876956652688%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 260.88kcal (13.04%), Fat: 9.51g (14.63%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 31.95g (11.62%), Sugar: 2.36g (2.62%), Cholesterol: 3.63mg (1.21%), Sodium: 716.67mg (31.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Vitamin K: 117.21µg (111.63%), Vitamin A: 3252.4IU (65.05%), Vitamin C: 49.16mg (59.58%), Selenium: 25.97µg (37.1%), Manganese: 0.62mg (30.93%), Folate: 52.98µg (13.24%), Fiber: 2.92g (11.68%), Phosphorus: 113.65mg (11.36%), Calcium: 107.05mg (10.71%), Magnesium: 40.98mg (10.24%), Iron: 1.8mg (9.97%), Vitamin E: 1.22mg (8.12%), Copper: 0.15mg (7.55%), Vitamin B6: 0.14mg (6.82%), Potassium: 235.73mg (6.74%), Zinc: 0.87mg (5.81%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.84mg (4.18%),

Vitamin B1: 0.06mg (3.93%), Vitamin B5: 0.21mg (2.09%)