



Cauliflower Sauce With Whole-Wheat Penne

READY IN



35 min.

SERVINGS



4

CALORIES



643 kcal

SAUCE

Ingredients

- ☐ 1 head cauliflower chopped
- ☐ 1 cup chicken stock see
- ☐ 4 sprigs rosemary fresh finely chopped
- ☐ 3 cloves garlic sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound penne rigate whole-wheat
- ☐ 1 onion red finely chopped
- ☐ 0.8 cup romano generous grated
- ☐ 4 servings salt

☐ 4 servings salt and pepper black

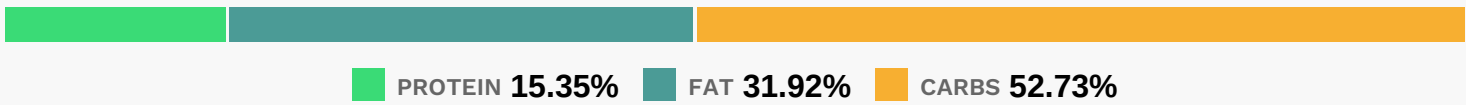
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add salt and pasta and cook to al dente.
- ☐ Drain and reserve 2 ladles of pasta water.
- ☐ While water is coming up to a boil and pasta cooks, make sauce.
- ☐ Heat a deep skillet over medium heat with extra-virgin olive oil.
- ☐ Add garlic and cook 3 minutes, then remove.
- ☐ Add onions and cook 5 minutes then add cauliflower, chicken stock and the rosemary. Cover the pan and cook 15 minutes. Uncover the sauce, add 1 to 2 ladles of pasta water and mash the cauliflower with the back of a wooden spoon or potato masher.
- ☐ Add the pasta and cheese to the cauliflower and toss to combine. Season the dish with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:16.470434883366%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 642.67kcal (32.13%), Fat: 22.55g (34.7%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 83.81g (27.94%), Net Carbohydrates: 72.24g (26.27%), Sugar: 7.4g (8.22%), Cholesterol: 21.3mg (7.1%), Sodium: 743.28mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.81%), Vitamin C: 72.17mg (87.47%), Fiber: 11.57g (46.27%), Vitamin K: 31.09µg (29.61%), Calcium: 244.01mg (24.4%), Phosphorus: 233.43mg (23.34%), Folate: 91.65µg (22.91%), Vitamin B6: 0.38mg (18.91%), Potassium: 558.99mg (15.97%), Manganese: 0.3mg (15.08%), Vitamin E: 2.13mg (14.18%), Vitamin B2: 0.22mg (12.75%), Vitamin B5: 1.09mg (10.86%), Magnesium: 35.06mg (8.77%), Vitamin B3: 1.74mg (8.7%), Vitamin B1: 0.12mg (7.8%), Selenium: 5.36µg (7.66%), Zinc: 1.03mg (6.87%), Iron: 1.06mg (5.86%), Copper: 0.11mg (5.61%), Vitamin B12: 0.21µg (3.5%), Vitamin A: 83.29IU (1.67%)