



Cavatappi with Browned Brussels Sprouts and Buttery Breadcrumbs

READY IN



25 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces brussels sprouts trimmed thinly sliced
- ☐ 8 ounces cavatappi pasta uncooked
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 4 teaspoons olive oil

- ☐ 1 cup onion thinly sliced
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 cup pecorino romano cheese shaved
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons butter unsalted
- ☐ 0.7 cup vegetable broth organic

Equipment

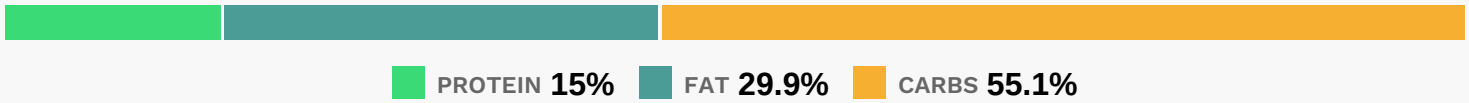
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and transfer to a large bowl; keep warm.
- ☐ Melt butter in a small skillet over medium heat; swirl to coat.
- ☐ Add panko to pan; cook 3 minutes or until browned, stirring frequently.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add Brussels sprouts to pan; cook 2 minutes, stirring occasionally.
- ☐ Add onion and garlic; cook 3 minutes or until onion is tender and the Brussels sprouts are lightly browned.
- ☐ Add broth and next 5 ingredients (through pepper). Cover and cook 2 minutes or until Brussels sprouts are crisp-tender.
- ☐ Add Brussels sprouts mixture to pasta; toss well.
- ☐ Sprinkle with cheese, pine nuts, and panko.
- ☐ Serve immediately.
- ☐ Wine Match: A yeasty sparkling wine like the Lucien Albrecht Cremant d'Alsace Brut (\$2

☐ is a refreshing foil for the earthiness of the onions and sprouts and the nutty, salty cheese in this pasta dish. --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:19.73, Inflammation Score:-9, Nutrition Score:25.933477875979%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg

Nutrients (% of daily need)

Calories: 418.39kcal (20.92%), Fat: 14.2g (21.85%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 58.87g (19.62%), Net Carbohydrates: 52.56g (19.11%), Sugar: 6.03g (6.7%), Cholesterol: 18.38mg (6.13%), Sodium: 506.47mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.05%), Vitamin K: 156.77µg (149.31%), Vitamin C: 78.9mg (95.64%), Manganese: 1.38mg (69.09%), Selenium: 40.33µg (57.62%), Phosphorus: 310.72mg (31.07%), Fiber: 6.31g (25.22%), Calcium: 204.74mg (20.47%), Folate: 77.62µg (19.41%), Magnesium: 75.22mg (18.8%), Vitamin A: 889.9IU (17.8%), Vitamin B6: 0.35mg (17.5%), Vitamin B1: 0.25mg (16.67%), Potassium: 579.32mg (16.55%), Copper: 0.33mg (16.46%), Iron: 2.79mg (15.52%), Vitamin E: 1.96mg (13.06%), Zinc: 1.96mg (13.05%), Vitamin B2: 0.2mg (11.85%), Vitamin B3: 2.15mg (10.76%), Vitamin B5: 0.66mg (6.64%), Vitamin B12: 0.16µg (2.62%)