



Cavatelli, Broccoli and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli cut into florets
- 0.5 cup butter
- 4.5 ounce mushrooms drained sliced canned
- 8 ounce cavatelli pasta
- 3 cloves garlic finely chopped
- 0.3 cup parmesan cheese grated

Equipment

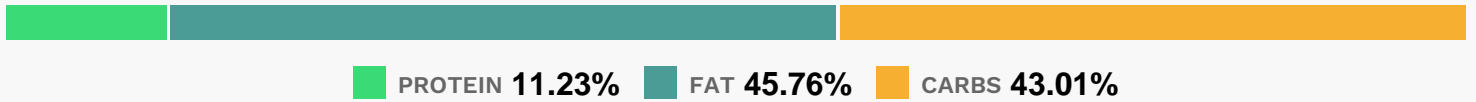
- frying pan

- oven
- pot
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Place broccoli in a microwave safe dish with about 3 tablespoons of water. Microwave for 3 minutes, or until tender.
- Melt butter in a medium skillet over medium heat.
- Saute garlic and mushrooms until garlic becomes aromatic.
- Combine with pasta, broccoli and Parmesan cheese; transfer to a 2 quart baking dish.
- Cover and bake in preheated oven for about 20 minutes, or until heated throughout.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:26.4278262128%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 503.12kcal (25.16%), Fat: 26.28g (40.44%), Saturated Fat: 15.9g (99.36%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 49.01g (17.82%), Sugar: 4.89g (5.43%), Cholesterol: 66.44mg (22.15%), Sodium: 481.32mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Vitamin C: 136.29mg (165.2%), Vitamin K: 157.23µg (149.74%), Selenium: 43.73µg (62.47%), Manganese: 0.91mg (45.47%), Vitamin A: 1710.32IU (34.21%), Phosphorus: 278.41mg (27.84%), Folate: 111.09µg (27.77%), Fiber: 6.58g (26.32%), Vitamin B6:

0.4mg (19.99%), Potassium: 675.23mg (19.29%), Magnesium: 70.07mg (17.52%), Copper: 0.32mg (16.13%), Calcium: 152.99mg (15.3%), Vitamin B2: 0.25mg (14.84%), Vitamin B5: 1.44mg (14.39%), Zinc: 1.97mg (13.16%), Vitamin E: 1.94mg (12.95%), Vitamin B1: 0.19mg (12.91%), Vitamin B3: 2.48mg (12.38%), Iron: 2.17mg (12.06%), Vitamin B12: 0.13µg (2.21%)