



## Cheesy Penne with Broccoli

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 5 cups broccoli florets (1 medium head)
- 1 teaspoon dijon mustard
- 1.3 cups milk fat-free
- 2 tablespoons flour all-purpose
- 0.1 teaspoon nutmeg freshly grated
- 3 tablespoons parmesan cheese fresh divided grated
- 8 ounces penne pasta mini uncooked

- 0.5 teaspoon salt
- 0.7 cup cheddar cheese shredded

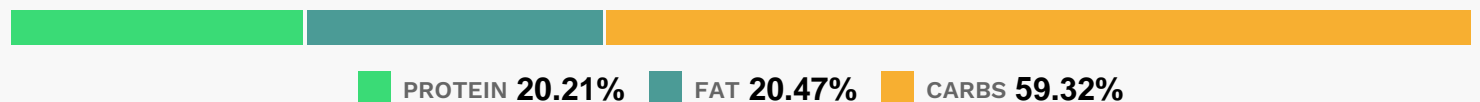
## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat. During the last 3 minutes of cooking, add broccoli to pan; drain.
- Place pasta and broccoli in a large bowl.
- Combine milk and flour in a saucepan over medium heat, stirring with a whisk until smooth. Cook 5 minutes or until slightly thickened; remove from heat.
- Add 2 tablespoons Parmesan and remaining ingredients, stirring with a whisk until smooth.
- Add cheese mixture to pasta mixture; toss.
- Sprinkle with remaining Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:92.56, Glycemic Load:22.08, Inflammation Score:-8, Nutrition Score:27.31478234996%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 383.39kcal (19.17%), Fat: 8.82g (13.57%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 52.53g (19.1%), Sugar: 7.71g (8.57%), Cholesterol: 23.83mg (7.94%), Sodium: 562.21mg

(24.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Vitamin C: 101.47mg (123%), Vitamin K: 116.83µg (111.27%), Selenium: 48.19µg (68.84%), Manganese: 0.81mg (40.66%), Phosphorus: 387.63mg (38.76%), Calcium: 352.92mg (35.29%), Folate: 94.74µg (23.68%), Vitamin B2: 0.39mg (22.89%), Vitamin A: 1094.89IU (21.9%), Fiber: 4.97g (19.89%), Potassium: 648.05mg (18.52%), Magnesium: 72.23mg (18.06%), Vitamin B6: 0.35mg (17.32%), Zinc: 2.47mg (16.44%), Vitamin B1: 0.22mg (14.44%), Vitamin B5: 1.3mg (13.04%), Vitamin B12: 0.72µg (11.97%), Copper: 0.24mg (11.88%), Iron: 1.84mg (10.22%), Vitamin B3: 2.04mg (10.19%), Vitamin E: 1.11mg (7.38%), Vitamin D: 1.03µg (6.87%)