



WHATSheATE



Courgette, broccoli & gremolata pasta



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 garlic clove finely grated
- ☐ 2 lemon zest plus a tablespoon of juice
- ☐ 1 small bunch parsley finely chopped
- ☐ 200 g broccoli
- ☐ 400 g soup noodles
- ☐ 1 tsp olive oil
- ☐ 2 zucchini chopped

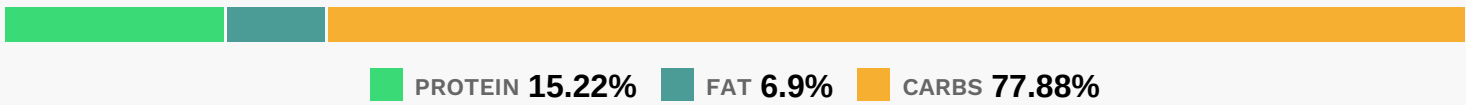
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ To make the gremolata, mix the garlic, lemon zest and juice with the parsley and some seasoning.
- ☐ Bring a large pan of salted water to the boil, add the broccoli and cook for 2–3 mins until just tender. Use a slotted spoon to remove, then set aside. Bring the water back to the boil, add the pasta and cook following pack instructions.
- ☐ Heat the olive oil in a frying pan, add the courgettes and cook over a high heat for 3–4 mins until starting to turn golden, tip in the broccoli and continue to cook for 1 min until warmed through.
- ☐ Drain the pasta, reserving about 2 tbsp of the cooking water, then add pasta and cooking water to the pan with the vegetables and the gremolata.
- ☐ Mix well and serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:31.25, Inflammation Score:-9, Nutrition Score:27.974347798721%

Flavonoids

Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 423.38kcal (21.17%), Fat: 3.26g (5.02%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 82.92g (27.64%), Net Carbohydrates: 76.62g (27.86%), Sugar: 6.23g (6.92%), Cholesterol: 0mg (0%), Sodium: 38.78mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin K: 289.72µg (275.92%), Vitamin C: 85.43mg (103.55%), Selenium: 64.89µg (92.71%), Manganese: 1.24mg (62.17%), Vitamin A: 1709.56IU (34.19%), Phosphorus: 270.16mg (27.02%), Fiber: 6.3g (25.2%), Folate: 95.11µg (23.78%), Magnesium: 89.09mg (22.27%), Vitamin B6: 0.43mg (21.29%), Potassium: 726.55mg (20.76%), Copper: 0.39mg (19.7%), Iron: 2.97mg (16.48%), Zinc:

2.11mg (14.04%), Vitamin B2: 0.23mg (13.45%), Vitamin B3: 2.67mg (13.35%), Vitamin B1: 0.19mg (12.44%), Vitamin B5: 0.99mg (9.93%), Calcium: 86.59mg (8.66%), Vitamin E: 0.9mg (5.97%)