



Crusty pasta & broccoli bake

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 1 onion red roughly chopped
- ☐ 250 g broccoli halved chopped
- ☐ 1 vegetable stock cube
- ☐ 1 tsp german mustard french
- ☐ 200 g pot half fat crème fraîche
- ☐ 100 g mature gruyère grated
- ☐ 1 small handful parsley leaves chopped

- ☐ 4 tbsp breadcrumbs fresh white crustless (or put 1 slice bread through a food processor)
- ☐ 0.5 tsp herbs mixed dried

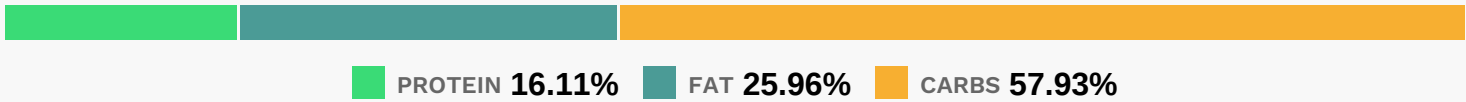
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Boil the pasta, onion and broccoli stalks in plenty of lightly salted boiling water for about 7 mins, then add the florets and cook for another 3 mins. Reserve about 400ml of the water, then drain the pasta and vegetables.
- ☐ Return the reserved water to the pan and dissolve the stock cube, whisk in the mustard and crme frache, then season to taste. Bring to the boil. Stir in the drained pasta, vegetables and half the cheese, mixing until melted. Stir in the parsley.
- ☐ Heat the grill for 3 mins. Tip the pasta and vegetables into a shallow, ovenproof dish.
- ☐ Mix together the remaining cheese, breadcrumbs and herbs, then scatter on top.
- ☐ Stand the dish on the base of a grill pan and grill for about 3 mins, turning if it starts to brown. Keep watching so the top doesnt start to burn or the cheese will toughen.
- ☐ Remove and leave to stand for 5 mins before serving.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:26.849565132805%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg

Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 632.51kcal (31.63%), Fat: 18.19g (27.98%), Saturated Fat: 10.31g (64.46%), Carbohydrates: 91.32g (30.44%), Net Carbohydrates: 85.4g (31.06%), Sugar: 7.21g (8.01%), Cholesterol: 27.5mg (9.17%), Sodium: 513.83mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Selenium: 71.48µg (102.11%), Vitamin K: 84.71µg (80.68%), Vitamin C: 59.21mg (71.77%), Manganese: 1.2mg (60.02%), Phosphorus: 408.26mg (40.83%), Calcium: 332.98mg (33.3%), Fiber: 5.91g (23.66%), Magnesium: 83.66mg (20.92%), Folate: 77.89µg (19.47%), Zinc: 2.86mg (19.08%), Copper: 0.37mg (18.39%), Vitamin B1: 0.26mg (17.52%), Vitamin B6: 0.32mg (15.97%), Vitamin B2: 0.25mg (14.89%), Iron: 2.64mg (14.65%), Potassium: 509.34mg (14.55%), Vitamin A: 718.7IU (14.37%), Vitamin B3: 2.85mg (14.25%), Vitamin B5: 1.03mg (10.26%), Vitamin B12: 0.44µg (7.25%), Vitamin E: 0.71mg (4.71%)