



WHATSHEATE



## Dinner Tonight: Red Wine Spaghetti with Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



865 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.8 pounds broccoli
- ☐ 4 garlic clove finely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 1 bottle red wine
- ☐ 0.8 teaspoon salt

- ☐ 1 pound pasta like spaghetti
- ☐ 1 teaspoon sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

## Directions

- ☐ Cut the broccoli into small florets, discarding any thick stems. Bring a large pot of salty water to boil and boil the florets for a couple minutes until halfway cooked.
- ☐ Remove with a slotted spoon and drain in a colander, keeping the boiling water.
- ☐ Add the pasta to the water and cook for 4-5 minutes, until about halfway cooked.
- ☐ Drain in a colander.
- ☐ Add the wine to the pot, along with the sugar, and bring to a boil.
- ☐ Add the pasta back to the pot, stirring well to avoid sticking. Cook, stirring with tongs, until the wine is absorbed and the pasta is al dente.
- ☐ While the pasta is cooking in the wine, heat the olive oil in a medium skillet and add the garlic and red pepper flakes. Cook until the garlic is pale golden, then add the broccoli, salt, and pepper. Cook for an additional minute.
- ☐ Add the broccoli to the spaghetti along with most of the cheese. Toss well and divide into bowls.
- ☐ Serve with remaining cheese sprinkled on top.

## Nutrition Facts



## Properties

Glycemic Index:62.02, Glycemic Load:38.46, Inflammation Score:-10, Nutrition Score:36.674347832151%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg, Naringenin: 3.32mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 15.73mg, Kaempferol: 15.73mg, Kaempferol: 15.73mg, Kaempferol: 15.73mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 865.33kcal (43.27%), Fat: 23.74g (36.52%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 105.42g (35.14%), Net Carbohydrates: 96.42g (35.06%), Sugar: 8.71g (9.68%), Cholesterol: 8.5mg (2.83%), Sodium: 721.1mg (31.35%), Alcohol: 19.88g (100%), Alcohol %: 4.7% (100%), Protein: 25.23g (50.47%), Vitamin C: 177.95mg (215.7%), Vitamin K: 215.05µg (204.81%), Selenium: 80.31µg (114.73%), Manganese: 1.79mg (89.7%), Phosphorus: 480.91mg (48.09%), Folate: 148.39µg (37.1%), Fiber: 9g (36.01%), Vitamin B6: 0.67mg (33.49%), Potassium: 1150.11mg (32.86%), Magnesium: 131.34mg (32.83%), Vitamin E: 4.39mg (29.28%), Calcium: 287.91mg (28.79%), Vitamin A: 1413.46IU (28.27%), Vitamin B2: 0.41mg (23.89%), Copper: 0.46mg (23.24%), Iron: 4.11mg (22.84%), Zinc: 3.07mg (20.46%), Vitamin B3: 3.7mg (18.51%), Vitamin B5: 1.76mg (17.62%), Vitamin B1: 0.26mg (17.61%), Vitamin B12: 0.15µg (2.5%)