

Farfalle With Broccoli, Carrots and Tomatoes

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound farfalle pasta
- 2 tablespoons vegetable oil; peanut oil preferred
- 3 carrots
- 2 inches broccoli (that's what she said)
- 2 bunches spring onion
- 3 garlic clove minced
- 1 cup parmesan grated
- 1 container grape tomatoes

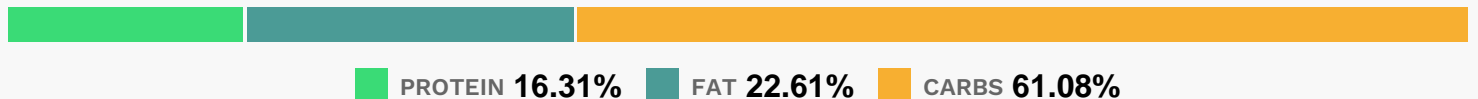
Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to boil
- Cook pasta about one or two minutes less than recommended on package directions.
- Clean and slice the carrots into thin rounds
- Cut the broccoli into small florets
- Roughly dice the stalks
- Thinly slice the green onions
- Heat the peanut oil in a skillet over medium-high heat
- Add minced garlic and saute for about 30 seconds
- Add broccoli and carrots, and cook 3-5 minutes until the vegetables are softened but are still crisp
- Add the scallions and cook for another 30 seconds
- Season well with salt and remove from heat.
- Mix the vegetables and the pasta, let cool T
- Then add tomatoes and cheese (note: if cooking ahead of time, wait to add the tomatoes and cheese until about an hour before serving).

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:18.35, Inflammation Score:-10, Nutrition Score:14.743913043478%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg,

Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Taste

Sweetness: 96.73%, Saltiness: 100%, Sourness: 69.73%, Bitterness: 66.34%, Savoriness: 77.34%, Fattiness: 90.47%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 308.57kcal (15.43%), Fat: 7.72g (11.87%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 43.9g (15.96%), Sugar: 3.6g (4%), Cholesterol: 8.5mg (2.83%), Sodium: 222.21mg (9.66%), Protein: 12.52g (25.05%), Vitamin A: 4218.32IU (84.37%), Selenium: 38.88µg (55.54%), Manganese: 0.62mg (30.85%), Phosphorus: 213.06mg (21.31%), Vitamin K: 18.63µg (17.74%), Calcium: 176.94mg (17.69%), Fiber: 2.99g (11.96%), Magnesium: 43.02mg (10.75%), Copper: 0.2mg (10.17%), Vitamin C: 7.27mg (8.81%), Potassium: 301.17mg (8.6%), Zinc: 1.29mg (8.57%), Vitamin B6: 0.16mg (8.24%), Vitamin B3: 1.43mg (7.17%), Vitamin E: 0.98mg (6.54%), Iron: 1.1mg (6.1%), Folate: 23.94µg (5.98%), Vitamin B2: 0.1mg (5.94%), Vitamin B1: 0.09mg (5.83%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.15µg (2.5%)