



Fettuccine with Spicy Broccoli

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds broccoli with 3-inch stems cut into 2-inch-wide florets
- 0.5 teaspoon pepper red crushed
- 0.8 pound fettuccine barilla dried
- 4 large garlic cloves thinly sliced
- 3 tablespoons olive oil extra-virgin
- 0.5 cup pecorino cheese freshly grated plus more for serving
- 2 tablespoons pinenuts
- 4 servings salt and pepper black freshly ground
- 0.5 tablespoon butter unsalted

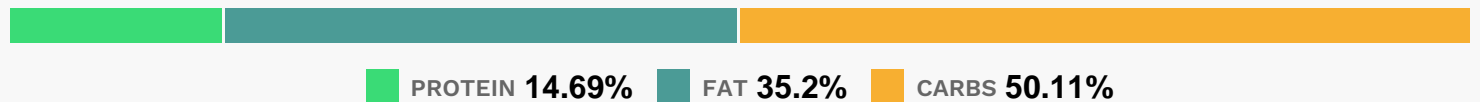
Equipment

- bowl
- frying pan
- pot

Directions

- In a large skillet, toast the pine nuts over moderate heat, shaking the pan occasionally, until the nuts are golden, about 2 minutes.
- Transfer to a plate.
- In a large pot of boiling salted water, cook the fettuccine until al dente. Reserve 1/2 cup of the pasta cooking water and drain the fettuccine.
- Meanwhile, heat 2 tablespoons of the olive oil in the skillet and add the broccoli. Cover and cook over moderate heat until browned on the bottom, about 5 minutes. Stir the broccoli, then add the remaining 1 tablespoon of olive oil, the garlic and the crushed red pepper. Season the broccoli with salt and pepper and cook, stirring gently, until the garlic is fragrant, about 1 minute. Turn off the heat and cover.
- Transfer the fettuccine to a warmed bowl and toss with the butter.
- Add the broccoli and the pasta cooking water and toss well.
- Sprinkle with the reserved pine nuts and the cheese and serve, passing more cheese at the table.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:28.05, Inflammation Score:-9, Nutrition Score:34.041739049165%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 577.24kcal (28.86%), Fat: 23.17g (35.64%), Saturated Fat: 5.94g (37.13%), Carbohydrates: 74.2g (24.73%), Net Carbohydrates: 66.61g (24.22%), Sugar: 4.81g (5.35%), Cholesterol: 88.2mg (29.4%), Sodium: 229.12mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Vitamin C: 152.7mg (185.1%), Vitamin K: 183.82µg (175.06%), Selenium: 73.62µg (105.17%), Manganese: 1.59mg (79.71%), Phosphorus: 446.9mg (44.69%), Folate: 134.63µg (33.66%), Fiber: 7.59g (30.36%), Vitamin B6: 0.54mg (26.97%), Magnesium: 104.05mg (26.01%), Vitamin A: 1284.43IU (25.69%), Vitamin E: 3.79mg (25.25%), Calcium: 250.74mg (25.07%), Potassium: 804.38mg (22.98%), Copper: 0.42mg (20.94%), Zinc: 3.02mg (20.16%), Vitamin B2: 0.34mg (19.98%), Vitamin B1: 0.29mg (19.67%), Iron: 3.39mg (18.85%), Vitamin B5: 1.84mg (18.42%), Vitamin B3: 3.15mg (15.77%), Vitamin B12: 0.39µg (6.49%), Vitamin D: 0.34µg (2.29%)