



Lemon Broccoli Pasta

READY IN



10 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces angel hair pasta uncooked
- 3 cups broccoli florets
- 28 ounces chicken broth canned
- 0.3 teaspoon garlic powder
- 1 teaspoon juice of lemon
- 1 teaspoon lemon zest grated
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper
- 0.8 cup cream sour

Equipment

sauce pan

Directions

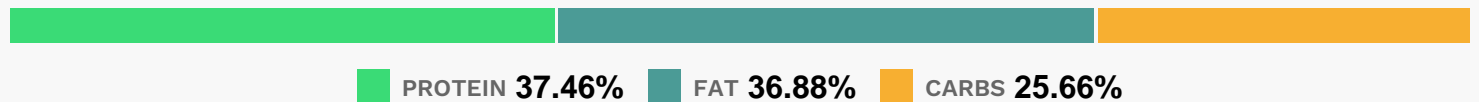
In a saucepan, combine the broth, lemon juice and peel, garlic powder and pepper. Bring to a boil.

Add pasta and broccoli. Reduce heat; simmer, uncovered, for 3–4 minutes or until pasta is tender.

Drain; stir in sour cream.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:13.67, Inflammation Score:-8, Nutrition Score:27.709565126378%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 645.45kcal (32.27%), Fat: 26.05g (40.07%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 37.52g (13.64%), Sugar: 3.83g (4.25%), Cholesterol: 126.84mg (42.28%), Sodium: 1038.89mg (45.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.53g (119.05%), Selenium: 67.62µg (96.6%), Vitamin C: 62.4mg (75.63%), Vitamin K: 75.12µg (71.54%), Phosphorus: 478.8mg (47.88%), Zinc: 6.1mg (40.67%), Vitamin B12: 2.11µg (35.15%), Vitamin B3: 5.97mg (29.85%), Vitamin B6: 0.58mg (29.07%), Manganese: 0.56mg (27.9%), Vitamin B2: 0.39mg (22.7%), Vitamin A: 1067.75IU (21.36%), Iron: 3.7mg (20.56%), Magnesium: 80.27mg (20.07%), Potassium: 678.61mg (19.39%), Folate: 57.78µg (14.45%), Calcium: 135.89mg (13.59%), Copper: 0.27mg (13.38%), Fiber: 3.24g (12.96%), Vitamin E: 1.4mg (9.31%), Vitamin B5: 0.73mg (7.34%), Vitamin B1: 0.1mg (6.51%), Vitamin D: 0.21µg (1.41%)