



Fusilli with Broccoli Rabe and Potatoes

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 pounds broccoli rabe trimmed
- ☐ 4 cups fusilli hot cooked uncooked (8 ounces short twisted spaghetti)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 1 cup low-salt chicken broth
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cheese fresh grated

☐ 1 pound potatoes red cubed

Equipment

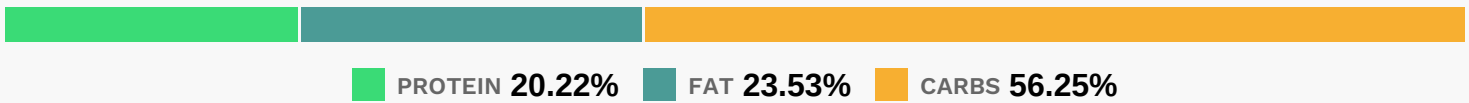
☐ bowl

☐ sauce pan

Directions

- ☐ Combine the first 5 ingredients in a large bowl.
- ☐ Place the potato in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer for 7 minutes or until potato is tender.
- ☐ Drain. Steam the broccoli rabe, covered, for 5 minutes. Cool. Squeeze out excess water, and coarsely chop.
- ☐ Add the potato, broccoli rabe, and pasta to broth mixture in bowl, and toss well. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:38.525652054859%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 430.55kcal (21.53%), Fat: 11.68g (17.96%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 62.83g (20.94%), Net Carbohydrates: 52.51g (19.1%), Sugar: 3.21g (3.57%), Cholesterol: 9.64mg (3.21%), Sodium: 345.81mg (15.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.16%), Vitamin K: 515.12µg (490.59%), Vitamin A: 6139.91IU (122.8%), Manganese: 1.49mg (74.34%), Vitamin C: 56.27mg (68.2%), Folate: 218.02µg (54.5%), Selenium: 37.42µg (53.45%), Calcium: 439.92mg (43.99%), Phosphorus: 423.25mg (42.32%), Iron: 7.54mg (41.9%), Fiber: 10.32g (41.27%), Vitamin B6: 0.69mg (34.51%), Vitamin B1: 0.49mg (32.9%), Potassium: 1090.74mg (31.16%), Vitamin E: 4.64mg (30.94%), Vitamin B3: 5.43mg (27.16%), Magnesium: 103.86mg (25.97%), Vitamin B2: 0.42mg (24.76%), Zinc: 3.21mg (21.37%), Copper: 0.41mg (20.47%), Vitamin B5: 1.26mg (12.59%), Vitamin B12: 0.23µg (3.82%)