



## Garlic Oil Sauteed Pasta with Broccoli

READY IN



18 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 head broccoli peeled very thin sliced into florets, stalk and cut into matchsticks
- 2 cups penne pasta cooked
- 2 cloves garlic smashed
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 4 servings parmesan cheese for garnish
- 3 tablespoons pasta cooking water
- 0.3 teaspoon pepper flakes red
- 2 tablespoons red wine vinegar

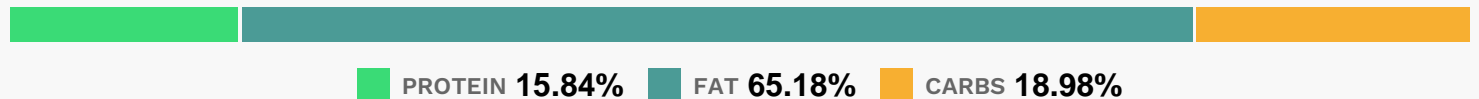
# Equipment

- frying pan

# Directions

- Watch how to make this recipe.
- In a large saute pan, heat the olive oil, garlic, and pepper flakes over medium heat until fragrant. Once the garlic has turned golden in color, remove it from the pan. You are left with garlic-infused oil in the pan.
- Add the broccoli to the pan.
- Cook's Note: Be sure the broccoli is completely dry before tossing it into the pan.
- Toss the broccoli to coat with the oil. Season with salt and pepper and saute over medium heat until the broccoli barely loses some of its crunch, about 5 minutes. Turn the heat up to high and deglaze the pan with the red wine vinegar.
- Add a few tablespoons of water, if needed.
- Cook's Note: Use pasta water if the pasta was made fresh.
- Add in the pasta and toss to coat with the oil. Top with Parmesan cheese for serving.

# Nutrition Facts



# Properties

Glycemic Index:42.38, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:13.240434770999%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

# Nutrients (% of daily need)

Calories: 361.05kcal (18.05%), Fat: 26.31g (40.48%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.39g (5.6%), Sugar: 1.15g (1.28%), Cholesterol: 20.4mg (6.8%), Sodium: 497.41mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.77%), Vitamin K: 50.43µg (48.03%), Vitamin C:

34.4mg (41.7%), Calcium: 380.57mg (38.06%), Selenium: 19.16µg (27.38%), Phosphorus: 261.36mg (26.14%), Vitamin E: 3.03mg (20.2%), Manganese: 0.27mg (13.3%), Vitamin A: 508.78IU (10.18%), Vitamin B2: 0.16mg (9.15%), Zinc: 1.22mg (8.17%), Magnesium: 29.97mg (7.49%), Fiber: 1.85g (7.41%), Folate: 29.11µg (7.28%), Iron: 1.26mg (6.99%), Vitamin B6: 0.14mg (6.81%), Vitamin B12: 0.36µg (6%), Potassium: 179.27mg (5.12%), Vitamin B5: 0.41mg (4.13%), Copper: 0.08mg (4.02%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.52mg (2.6%)