



WHATSheATE



## Garlicky Angel Hair with Roasted Broccoli

READY IN



30 min.

SERVINGS



15

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 12 oz broccoli florets fresh
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 10 cloves garlic thinly sliced
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 6 tablespoons olive oil
- ☐ 1 cup parmesan grated
- ☐ 15 servings salt

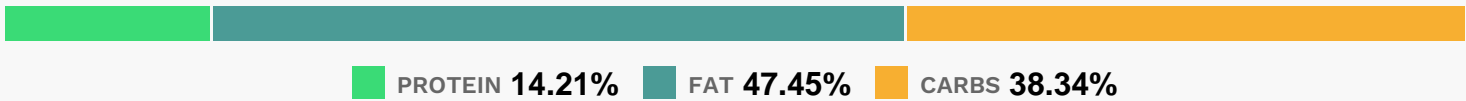
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

# Directions

- ☐ Preheat oven to 450F; line a large, rimmed baking sheet with foil.
- ☐ Combine broccoli, 1 Tbsp. olive oil and Italian seasoning in a large bowl; toss to coat.
- ☐ Place broccoli in a single layer on baking sheet. Roast, stirring once or twice, until broccoli is crisp-tender and beginning to lightly brown, about 15 minutes.
- ☐ Bring a pot of salted water to a boil. Cook pasta until al dente, about 4 minutes or as package label directs.
- ☐ Drain, reserving 1 1/2 cups pasta cooking water.
- ☐ Warm 3 Tbsp. olive oil in a Dutch oven over medium heat. Saut garlic until just golden brown, about 2 minutes.
- ☐ Remove from heat; stir in crushed red pepper, 1 tsp. salt, 1 1/4 cups reserved pasta water and remaining olive oil.
- ☐ Add pasta and 1/2 cup cheese; simmer over medium heat, tossing gently, until sauce thoroughly coats pasta (add remaining 1/4 cup pasta water if needed), 2 to 3 minutes.
- ☐ Remove from heat and toss in broccoli, remaining cheese and basil.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:13.73, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:6.9565217015536%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 143.56kcal (7.18%), Fat: 7.67g (11.8%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.66g (4.6%), Sugar: 0.88g (0.98%), Cholesterol: 4.53mg (1.51%), Sodium: 310.62mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin K: 29.92µg (28.49%), Vitamin C: 20.91mg (25.35%), Selenium: 11.94µg (17.05%), Manganese: 0.24mg (12.12%), Calcium: 102.58mg (10.26%), Phosphorus: 93.71mg (9.37%), Vitamin E: 1.1mg (7.36%), Fiber: 1.28g (5.14%), Vitamin B6: 0.1mg (4.87%), Vitamin A: 233.04IU (4.66%), Folate: 18.53µg (4.63%), Magnesium: 17.38mg (4.35%), Vitamin B2: 0.06mg (3.68%), Potassium: 125.92mg (3.6%), Zinc: 0.53mg (3.51%), Iron: 0.63mg (3.48%), Copper: 0.07mg (3.34%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.46mg (2.3%), Vitamin B12: 0.08µg (1.33%)