



Gemelli with Broccoli Rabe and Anchovies

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce anchovy drained canned
- ☐ 1 pound broccoli rabe
- ☐ 6 garlic clove coarsely chopped
- ☐ 1 pound rotini pasta
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup breadcrumbs crisp (Japanese bread crumbs)
- ☐ 0.5 teaspoon pepper dried hot to taste

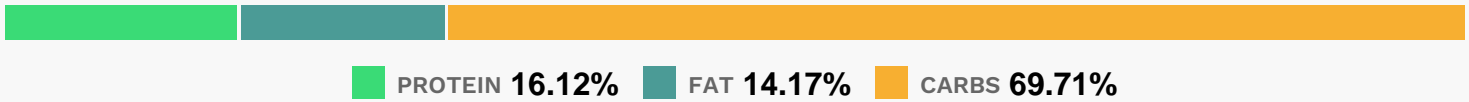
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ colander

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cook pasta in a 7- to 8-quart pot of boiling salted water 6 minutes, then stir in broccoli rabe and boil until pasta is al dente, about 5 minutes more.
- ☐ While pasta is cooking, toss panko with 1 tablespoon oil in a shallow baking pan until coated and bake, stirring once or twice, until golden, 8 to 10 minutes. Season crumbs with salt.
- ☐ While broccoli rabe (with pasta) is cooking, cook garlic, anchovies, and red-pepper flakes in remaining 7 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring and mashing anchovies into oil with a wooden spoon, until garlic is golden, about 3 minutes.
- ☐ Remove from heat.
- ☐ Drain pasta and broccoli rabe in a colander, then add to anchovy mixture in skillet, tossing to combine.
- ☐ Serve pasta sprinkled with some toasted panko and pass remainder.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:23.01, Inflammation Score:-9, Nutrition Score:24.811304393022%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 417.35kcal (20.87%), Fat: 6.56g (10.1%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 72.64g (24.21%), Net Carbohydrates: 67.25g (24.45%), Sugar: 3.46g (3.85%), Cholesterol: 5.67mg (1.89%), Sodium: 174.39mg (7.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.59%), Vitamin K: 173.01µg (164.77%), Selenium: 56.98µg (81.4%), Manganese: 1.22mg (60.84%), Vitamin A: 2036.61IU (40.73%), Vitamin B1: 0.38mg (25.08%), Phosphorus: 249.3mg (24.93%), Folate: 96.6µg (24.15%), Vitamin B3: 4.77mg (23.84%), Fiber: 5.39g (21.57%), Iron: 3.88mg (21.54%), Vitamin C: 16.21mg (19.65%), Magnesium: 69.31mg (17.33%), Copper: 0.33mg (16.34%), Vitamin B6: 0.31mg (15.63%), Calcium: 150.37mg (15.04%), Vitamin B2: 0.24mg (14.38%), Zinc: 2.11mg (14.09%), Vitamin E: 1.96mg (13.07%), Potassium: 403.55mg (11.53%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.12µg (2.03%)