



Leaving-Home Penne Rigate with Broccoli

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds broccoli washed cut into bite-size florets
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.7 cup pecorino cheese finely grated for serving
- ☐ 1 pound penne rigate
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt

Equipment

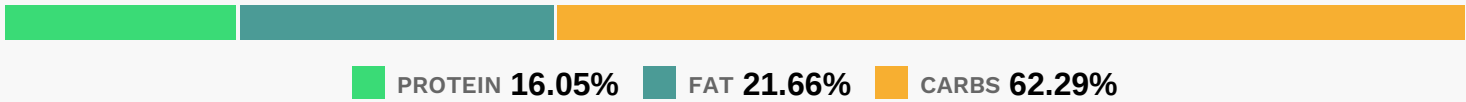
- ☐ bowl

- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen timer
- ☐ colander

Directions

- ☐ Bring a big pot of water to a boil.
- ☐ Add a good handful of salt(about 1/4 cup), enough that you can taste it. Set a fine strainer in the sink.
- ☐ When the water comes to a boil, add the broccoli and wait until the waterreturns to a boil.
- ☐ Add the pasta and set the timer to the number of minutes recommended on the box. When the timer rings, drain the penne and broccoli in the colander, then dump them into a large serving bowl.
- ☐ Add the olive oil and mix well with a wooden spoon so that the pasta is coated and the bits of broccoli are well distributed throughout.
- ☐ Add the cheese and stir well until you have a nice, green-speckled sauce.
- ☐ Sprinkle with a little extra cheese, and add some pepper.
- ☐ Reprinted with permission from Delicious Memories by Anna Boiardi and Stephanie Lyness, copy; 2011 Stewart, Tabori & Chang

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:36.41, Inflammation Score:-9, Nutrition Score:32.407391374526%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 614.89kcal (30.74%), Fat: 14.93g (22.98%), Saturated Fat: 4.48g (28%), Carbohydrates: 96.64g (32.21%), Net Carbohydrates: 88.56g (32.2%), Sugar: 6.04g (6.71%), Cholesterol: 17.33mg (5.78%), Sodium: 456.91mg (19.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.79%), Vitamin C: 151.73mg (183.91%), Vitamin K: 179.02µg (170.49%), Selenium: 78.34µg (111.92%), Manganese: 1.41mg (70.68%), Phosphorus: 453.41mg (45.34%), Fiber: 8.08g (32.31%), Folate: 128.76µg (32.19%), Calcium: 281.74mg (28.17%), Magnesium: 102.83mg (25.71%), Vitamin B6: 0.47mg (23.66%), Potassium: 806.17mg (23.03%), Vitamin A: 1129.42IU (22.59%), Copper: 0.42mg (20.88%), Vitamin B2: 0.33mg (19.35%), Zinc: 2.73mg (18.19%), Vitamin E: 2.66mg (17.72%), Iron: 2.9mg (16.12%), Vitamin B5: 1.54mg (15.35%), Vitamin B1: 0.23mg (15.27%), Vitamin B3: 3.03mg (15.14%), Vitamin B12: 0.19µg (3.11%)