



Lemon Fusilli with Arugula

READY IN



40 min.

SERVINGS



5

CALORIES



815 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound baby arugula (cut in thirds)
- 1 bunch broccoli
- 1 pint cherry tomatoes (halved)
- 1 pound fusilli pasta (dried)
- 2 cloves garlic (minced)
- 2 cups heavy cream
- 5 servings kosher salt and pepper (black freshly ground)
- 3 lemons
- 1 tablespoon olive oil (good)

0.5 cup parmesan freshly grated

Equipment

bowl

sauce pan

pot

colander

Directions

Heat the olive oil in a medium saucepan over medium heat, add the garlic, and cook for 60 seconds.

Add the cream, the zest from 2 lemons, the juice of 2 lemons, 2 teaspoons of salt, and 1 teaspoon of pepper. Bring to a boil, then lower the heat and simmer for 15 to 20 minutes, until it starts to thicken.

Meanwhile, cut the broccoli in florets and discard the stem. Cook the florets in a pot of boiling salted water for 3 to 5 minutes, until tender but still firm.

Drain the broccoli and run under cold water to stop the cooking. Set aside.

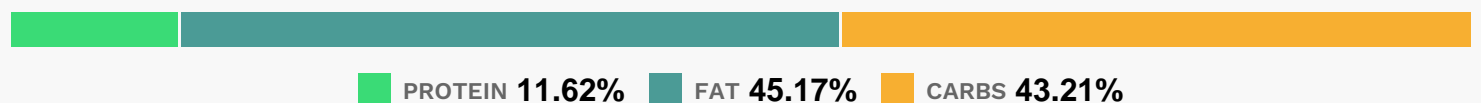
Bring a large pot of water to a boil, add 1 tablespoon of salt and the pasta, and cook according to the directions on the package, about 12 minutes, stirring occasionally.

Drain the pasta in a colander and place it back into the pot. Immediately add the cream mixture and cook it over medium-low heat for 3 minutes, until most of the sauce has been absorbed in the pasta.

Pour the hot pasta into a large bowl, add the arugula, Parmesan, tomatoes, and cooked broccoli.

Cut the last lemon in half lengthwise, slice it 1/4-inch thick crosswise, and add it to the pasta. Toss well, season to taste, and serve hot.

Nutrition Facts



Properties

Glycemic Index:44.1, Glycemic Load:30.39, Inflammation Score:-10, Nutrition Score:37.773478383603%

Flavonoids

Eriodictyol: 13.84mg, Eriodictyol: 13.84mg, Eriodictyol: 13.84mg, Eriodictyol: 13.84mg Hesperetin: 18.08mg, Hesperetin: 18.08mg, Hesperetin: 18.08mg, Hesperetin: 18.08mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 25.39mg, Kaempferol: 25.39mg, Kaempferol: 25.39mg, Kaempferol: 25.39mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 814.75kcal (40.74%), Fat: 42.18g (64.89%), Saturated Fat: 24.39g (152.46%), Carbohydrates: 90.79g (30.26%), Net Carbohydrates: 81.47g (29.63%), Sugar: 12.27g (13.63%), Cholesterol: 114.38mg (38.13%), Sodium: 255.71mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.41g (48.81%), Vitamin C: 172.14mg (208.65%), Vitamin K: 181.3µg (172.67%), Selenium: 66.52µg (95.03%), Vitamin A: 3789.16IU (75.78%), Manganese: 1.39mg (69.37%), Phosphorus: 438.78mg (43.88%), Folate: 160.93µg (40.23%), Fiber: 9.32g (37.27%), Calcium: 359.91mg (35.99%), Potassium: 1155.47mg (33.01%), Magnesium: 120.17mg (30.04%), Vitamin B2: 0.48mg (28.42%), Vitamin B6: 0.56mg (27.95%), Copper: 0.47mg (23.49%), Iron: 3.98mg (22.14%), Vitamin E: 3.17mg (21.16%), Vitamin B5: 1.83mg (18.28%), Vitamin B1: 0.27mg (18.23%), Zinc: 2.68mg (17.87%), Vitamin B3: 3.12mg (15.62%), Vitamin D: 1.57µg (10.49%), Vitamin B12: 0.27µg (4.54%)