



Lemony Broccoli Rabe Pasta

READY IN



30 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black
- ☐ 1 pound broccoli rabe trimmed cut into 3-inch pieces
- ☐ 3 tablespoons butter
- ☐ 2 garlic clove chopped
- ☐ 4 oz goat cheese crumbled
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.8 teaspoon pepper dried red crushed
- ☐ 16 oz rotini pasta

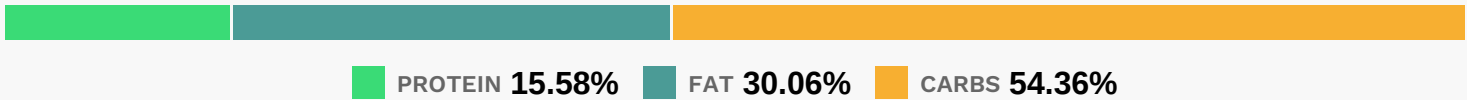
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring 4 qt. water to a boil in a large Dutch oven.
- ☐ Add 2 tsp. kosher salt, return to a boil, and stir in broccoli rabe. Cook 1 minute or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain.
- ☐ Cook pasta in Dutch oven according to package directions; drain, reserving 1/2 cup hot pasta water.
- ☐ Melt butter with oil in Dutch oven over medium heat; add garlic, and saut 1 to 2 minutes or until tender.
- ☐ Add red pepper and lemon zest; cook, stirring constantly, 1 minute. Stir in broccoli rabe; cook, stirring constantly, 1 minute. Stir in hot cooked pasta, reserved pasta water, Parmesan, and lemon juice; cook 1 to 2 minutes. Season with kosher salt and black pepper. Top with cheese.
- ☐ The Power of Pasta Water Before you drain off your perfectly cooked pasta (al dente, of course!), scoop out at least 1 cup of that rich, starchy pasta water to make an easy pan sauce. We used 1/4 to 1/2 cup in most of the dishes here, but for most recipes save a little extra in case you want a looser sauce. The cloudy broth marries with butter or oil for silky, creamy results. And because you've cooked your pasta with a proper amount of salt (about 1 Tbsp. kosher salt per quart of water), the leftover liquid delivers flavor too. Use it whenever you feel saucy.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:22.84, Inflammation Score:-9, Nutrition Score:23.143043564714%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 438.67kcal (21.93%), Fat: 14.73g (22.65%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 55.25g (20.09%), Sugar: 2.6g (2.89%), Cholesterol: 27.37mg (9.12%), Sodium: 996.52mg (43.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.35%), Vitamin K: 172.17µg (163.97%), Selenium: 50.8µg (72.57%), Manganese: 1.05mg (52.52%), Vitamin A: 2463.65IU (49.27%), Phosphorus: 277.27mg (27.73%), Vitamin C: 17.41mg (21.11%), Folate: 79.79µg (19.95%), Copper: 0.4mg (19.93%), Fiber: 4.67g (18.69%), Iron: 3.08mg (17.09%), Calcium: 167.12mg (16.71%), Magnesium: 62.38mg (15.6%), Vitamin B6: 0.31mg (15.38%), Vitamin B1: 0.21mg (13.93%), Vitamin B2: 0.24mg (13.88%), Zinc: 2.04mg (13.58%), Vitamin E: 1.96mg (13.09%), Vitamin B3: 2.34mg (11.69%), Potassium: 345.06mg (9.86%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.1µg (1.73%)