



Lemony Pasta Shells with Broccoli and Walnuts

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound broccoli florets chopped
- 3 garlic cloves sliced
- 0.5 juice of lemon plus more to taste
- 0.5 teaspoon kosher salt plus more to taste
- 0.5 lemon zest shredded finely
- 2 tablespoons olive oil plus more to taste
- 6 servings freshly pecorino cheese shredded
- 0.8 cup walnuts toasted chopped

0.8 pound penne pasta whole-wheat

Equipment

frying pan

Directions

Cook pasta according to package directions.

Meanwhile, heat 2 tbsp. olive oil in a large frying pan over medium heat, add garlic, and saut until fragrant, 1 minute.

Add broccoli, 3/4 cup water, and 1/2 tsp. salt. Cover; cook until broccoli is tender.

Stir in walnuts, zest, and juice of 1/2 lemon, then toss with drained pasta.

Add more salt, lemon juice, and olive oil to taste.

Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:19.468695516172%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg 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 Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 471.1kcal (23.55%), Fat: 24g (36.92%), Saturated Fat: 6.88g (42.98%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 37.01g (13.46%), Sugar: 3.18g (3.53%), Cholesterol: 31.2mg (10.4%), Sodium: 579.43mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.73%), Vitamin C: 69.7mg (84.49%), Vitamin K: 81µg (77.14%), Calcium: 372.77mg (37.28%), Manganese: 0.69mg (34.5%), Phosphorus: 331.05mg (33.11%), Fiber: 7.12g (28.48%), Folate: 64.67µg (16.17%), Copper: 0.28mg (14.2%), Vitamin B2: 0.22mg (13.17%), Magnesium: 51.89mg (12.97%), Vitamin B6: 0.26mg (12.85%), Vitamin A: 598.94IU (11.98%), Zinc: 1.56mg (10.38%), Selenium: 7.18µg

(10.25%), Potassium: 338.66mg (9.68%), Vitamin E: 1.44mg (9.59%), Vitamin B1: 0.12mg (7.9%), Iron: 1.27mg (7.04%),
Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.34µg (5.6%), Vitamin B3: 0.68mg (3.42%)