

food
network



HEALTH SCORE

100%

Linguine with Skate and Broccoli: Linguine Sugo di Razza e Broccoli



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound broccoli cut into florets
- ☐ 2 cloves garlic sliced
- ☐ 1.5 pounds pasta
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 bunch parsley italian chopped
- ☐ 2 pounds boned skate wing cleaned cut into 3-inch pieces
- ☐ 2 cups tomatoes crushed

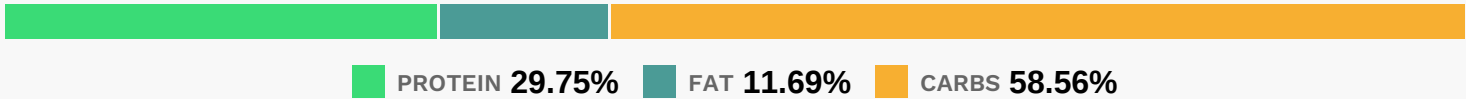
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ In a large skillet, heat the olive oil over medium-high heat and add the skate, garlic, and parsley. Cook over high heat for 5 minutes, then add the tomatoes, broccoli, and salt and pepper, to taste. Simmer for 10 minutes.
- ☐ Meanwhile, cook the linguine in the boiling water according to the package directions, until tender yet al dente.
- ☐ Drain the pasta and add it to the pan with the skate sauce. Toss over high heat 1 minute and serve, evenly divided among 6 warm pasta bowls.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:36.37, Inflammation Score:-9, Nutrition Score:26.756956390713%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 641.61kcal (32.08%), Fat: 8.34g (12.83%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 94g (31.33%), Net Carbohydrates: 87.52g (31.82%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 131.34mg (5.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 47.76g (95.52%), Vitamin K: 201.57µg (191.97%), Selenium: 73.25µg (104.64%), Vitamin C: 54.09mg (65.56%), Manganese: 1.3mg (64.94%), Phosphorus: 272.12mg (27.21%), Fiber: 6.48g (25.91%), Copper: 0.51mg (25.55%), Vitamin A: 1209.29IU (24.19%), Magnesium: 89.17mg (22.29%), Iron: 3.43mg (19.06%), Potassium: 665.36mg (19.01%), Vitamin B6: 0.37mg (18.46%), Folate: 69.18µg (17.3%), Vitamin B3: 3.29mg (16.43%), Vitamin E: 2.17mg (14.48%), Zinc: 2.08mg (13.9%), Vitamin B1: 0.2mg (13.3%), Vitamin B5: 0.97mg (9.74%),

Vitamin B2: 0.16mg (9.68%), Calcium: 83.97mg (8.4%)