



## Linguini with Broccoli and Red Peppers

READY IN



20 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound broccoli fresh chopped
- 1 tablespoon butter
- 3 tablespoons olive oil extra virgin
- 3 cloves garlic minced
- 1 pinch garlic salt
- 0.3 cup parmesan cheese grated
- 1 pound linguini pasta
- 1 bell pepper red thinly sliced

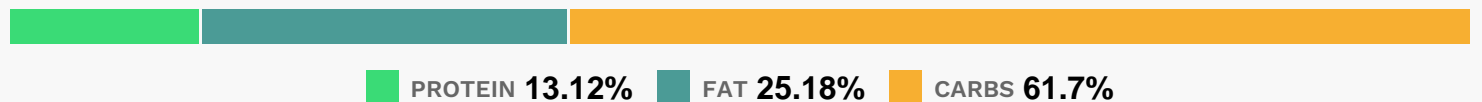
## Equipment

- frying pan
- pot
- microwave

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Steam broccoli with 2 tablespoons water in microwave for 6–7 minutes.
- In 10–inch skillet, heat olive oil and butter over low heat. Stir in garlic (more or less to suit your tastes) and red pepper slices; saute gently.
- Drain broccoli and add to skillet.
- Sprinkle lightly with garlic salt and saute broccoli and peppers until soft.
- Toss vegetable mixture with hot pasta.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:24.06, Inflammation Score:-8, Nutrition Score:22.613043438481%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg 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: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 11.55g (17.77%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 63.68g (21.23%), Net Carbohydrates: 58.85g (21.4%), Sugar: 4.16g (4.62%), Cholesterol: 8.64mg (2.88%), Sodium: 125.05mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.07%), Vitamin C: 93.29mg (113.08%), Vitamin K:

82.63µg (78.7%), Selenium: 51.38µg (73.4%), Manganese: 0.9mg (45.14%), Vitamin A: 1186.45IU (23.73%), Phosphorus: 227.21mg (22.72%), Fiber: 4.83g (19.33%), Folate: 70.72µg (17.68%), Vitamin B6: 0.32mg (15.97%), Magnesium: 60.2mg (15.05%), Vitamin E: 2.07mg (13.81%), Potassium: 463.64mg (13.25%), Copper: 0.27mg (13.25%), Zinc: 1.63mg (10.84%), Vitamin B3: 1.98mg (9.89%), Vitamin B2: 0.17mg (9.85%), Iron: 1.7mg (9.47%), Calcium: 92.98mg (9.3%), Vitamin B1: 0.14mg (9.11%), Vitamin B5: 0.85mg (8.47%)