



Meat Lite: Spaghetti with Garlic, Broccoli, and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 pound broccoli florets sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup wine dry white
- ☐ 3 garlic clove thinly sliced
- ☐ 4 ounces ham sliced cut into 1/4-inch squares (or thin slices if you prefer)
- ☐ 1 tablespoon olive oil
- ☐ 4 servings parmesan for grating
- ☐ 0.5 cup water

- ☐ 1 pound pasta like spaghetti your favorite (or pasta)
- ☐ 0.3 cup water

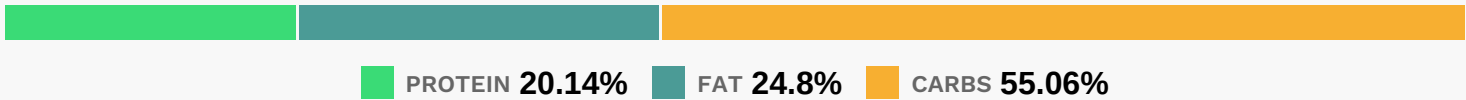
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook just until al dente. While the pasta cooks, prepare the rest of the recipe. (Reserve 1/2 cup of the pasta water before straining.)
- ☐ Heat the olive oil in a large sauté pan (at least 10 inches), over medium heat.
- ☐ Add the garlic and sauté just until fragrant and starting to soften, about 1 minute.
- ☐ Add the wine and simmer the liquid to reduce by a little more than half.
- ☐ Add the 1/4 cup of water and the broccoli pieces. Cover the pan and let the broccoli cook for 1 to 2 minutes, or until it is fork tender.
- ☐ Add the ham and toss to combine.
- ☐ Strain the pasta and immediately add it and the reserved pasta water to the sauté pan. Increase the heat to medium-high and toss the pasta with the garlic, broccoli and ham. Simmer for 30 second or so, just until the liquid reduces and thickens a little bit. Season with coarse salt and freshly ground black pepper.
- ☐ Serve with grated Parmigiano-Reggiano and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:35.01, Inflammation Score:-7, Nutrition Score:23.514782812284%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 675.98kcal (33.8%), Fat: 17.83g (27.44%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 89.11g (29.7%), Net Carbohydrates: 84.67g (30.79%), Sugar: 4.06g (4.51%), Cholesterol: 37.98mg (12.66%), Sodium: 837.46mg (36.41%), Alcohol: 3.09g (100%), Alcohol %: 1.4% (100%), Protein: 32.6g (65.2%), Selenium: 85.92µg (122.74%), Manganese: 1.19mg (59.74%), Phosphorus: 510.9mg (51.09%), Calcium: 402.9mg (40.29%), Vitamin C: 25.99mg (31.5%), Vitamin K: 31.97µg (30.45%), Magnesium: 88.82mg (22.2%), Zinc: 3.27mg (21.77%), Vitamin B1: 0.31mg (20.69%), Copper: 0.39mg (19.55%), Vitamin B6: 0.39mg (19.44%), Fiber: 4.44g (17.75%), Vitamin B3: 3.5mg (17.52%), Vitamin B2: 0.27mg (15.92%), Potassium: 482.83mg (13.8%), Iron: 2.32mg (12.9%), Folate: 41.61µg (10.4%), Vitamin B5: 0.94mg (9.45%), Vitamin B12: 0.54µg (9.02%), Vitamin A: 411.67IU (8.23%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.35µg (2.32%)