

One Dish Vegetarian Dinner

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce olives black sliced canned
- 1 large head broccoli fresh
- 4 cloves garlic minced
- 0.8 cup olive oil
- 16 ounce penne pasta

Equipment

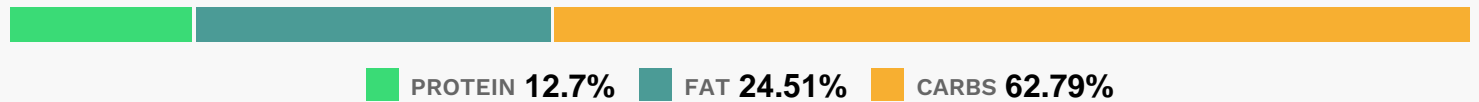
- bowl
- frying pan

pot

Directions

- Cook pasta in large pot with boiling salted water until al dente.
- Drain well.
- In a medium skillet over medium heat cook garlic in olive oil, being careful not to allow garlic to burn.
- In a large bowl add the cooked broccoli, cooked and drained pasta, and black olives.
- To serve, pour garlic oil over pasta and vegetables.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:24.19, Inflammation Score:-8, Nutrition Score:23.831304218458%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 406.75kcal (20.34%), Fat: 11.26g (17.33%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 58.9g (21.42%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 480.68mg (20.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.27%), Vitamin C: 91.01mg (110.32%), Vitamin K: 107.12µg (102.02%), Selenium: 50.85µg (72.64%), Manganese: 0.94mg (46.97%), Fiber: 6.03g (24.13%), Phosphorus: 213.96mg (21.4%), Folate: 78.36µg (19.59%), Vitamin E: 2.73mg (18.22%), Magnesium: 64.97mg (16.24%), Vitamin B6: 0.32mg (15.91%), Copper: 0.31mg (15.41%), Vitamin A: 742.9IU (14.86%), Potassium: 508.78mg (14.54%), Iron: 1.93mg (10.7%), Zinc: 1.52mg (10.11%), Vitamin B3: 2.01mg (10.07%), Vitamin B1: 0.15mg (10%), Vitamin B2: 0.17mg (9.89%), Vitamin B5: 0.92mg (9.25%), Calcium: 81.92mg (8.19%)