



Orecchiette with Broccoli in Garlic Oil

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz orecchiette (tiny disk) (4 cups)
- 12 oz broccoli florets fresh
- 0.5 cup olive oil
- 8 cloves garlic thinly sliced
- 0.8 teaspoon salt
- 0.3 teaspoon pepper red crushed
- 3 tablespoons parsley fresh italian finely chopped (flat-leaf)

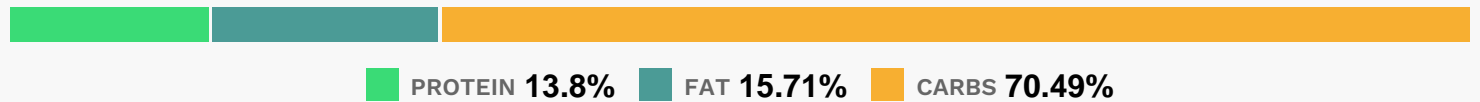
Equipment

- sauce pan
- dutch oven

Directions

- In 4- to 5-quart Dutch oven, cook pasta as directed on package, adding broccoli during last 3 minutes of cooking time.
- Drain and return to Dutch oven.
- Meanwhile, in 1-quart saucepan, mix oil, garlic, salt and pepper flakes. Cook over medium-low heat 6 minutes, stirring often, until garlic is golden.
- Add garlic oil and parsley to pasta and broccoli; toss until well coated.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:27.22, Inflammation Score:-8, Nutrition Score:24.153478145599%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 402.56kcal (20.13%), Fat: 7.07g (10.88%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 71.39g (23.8%), Net Carbohydrates: 66.19g (24.07%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 474.05mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin K: 139.52µg (132.88%), Vitamin C: 81.73mg (99.06%), Selenium: 56.76µg (81.08%), Manganese: 1.07mg (53.34%), Phosphorus: 228.17mg (22.82%), Fiber: 5.2g (20.81%), Folate: 73.66µg (18.42%), Vitamin B6: 0.35mg (17.47%), Magnesium: 66.13mg (16.53%), Vitamin A: 820.17IU (16.4%), Copper: 0.31mg (15.57%), Potassium: 501.67mg (14.33%), Iron: 2.07mg (11.5%), Zinc: 1.66mg (11.04%), Vitamin E: 1.61mg (10.73%), Vitamin B3: 2.09mg (10.43%), Vitamin B1: 0.15mg (10.12%), Vitamin B2: 0.16mg (9.49%), Vitamin B5: 0.9mg (9.03%), Calcium: 73.57mg (7.36%)