



Orecchiette with Broccoli in Garlic Oil



Vegetarian



Vegan



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz broccoli florets fresh
- ☐ 3 tablespoons flat-leaf parsley fresh minced
- ☐ 8 garlic cloves thinly sliced
- ☐ 0.5 cup olive oil
- ☐ 12 oz orecchiette pasta (4 cups)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon salt

Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Stir 1 Tbsp. salt and pasta into 3 qt. boiling water in a Dutch oven. Cook 3 minutes less than package directions state. Stir in broccoli florets; cook 3 minutes or until pasta is al dente, and broccoli is crisp-tender.
- ☐ Drain and return pasta and broccoli to Dutch oven.
- ☐ While pasta cooks, combine olive oil and next 3 ingredients in a small saucepan. Cook over medium-low heat 6 minutes or until garlic is golden, stirring often.
- ☐ Remove from heat.
- ☐ Add garlic oil and parsley to pasta, and toss well.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:27.22, Inflammation Score:-8, Nutrition Score:24.176956176758%

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: 2218.16mg (96.44%), 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 (81.09%), Manganese: 1.07mg (53.57%), Phosphorus: 228.17mg (22.82%), Fiber: 5.2g (20.81%), Folate: 73.66µg (18.42%), Vitamin B6: 0.35mg (17.47%), Magnesium: 66.18mg (16.54%), Vitamin

A: 820.18IU (16.4%), Copper: 0.31mg (15.64%), Potassium: 502.03mg (14.34%), Iron: 2.08mg (11.58%), Zinc: 1.66mg (11.07%), 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: 74.65mg (7.46%)