



# Orecchiette with Broccoli Rabe (Orecchiette con Cime di Rapa)

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound broccoli rabe
- 4 garlic clove sliced
- 6 servings kosher salt
- 0.5 cup olive oil extra virgin extra-virgin
- 1.5 pounds orecchiette dried
- 0.8 cup pecorino cheese freshly grated
- 1 teaspoon pepper red

## Equipment

- frying pan
- pot
- slotted spoon
- tongs
- colander

## Directions

- Trim all the leaves away from the broccoli rabe and remove the central core from each leaf.
- Remove the bottom 3 inches of the stem and peel the rest up to the flower buds. Rinse well in cold running water.
- Bring a large pot of salted water to a boil.
- Add the broccoli rabe and stir to submerge. Cook, uncovered, until tender and deep green in color, 3 to 4 minutes. Using a slotted spoon or tongs, lift the greens out of the water and rinse under cold running water.
- Drain the leaves in a colander for a few minutes then coarsely chop them and set aside.
- Bring another large pot of salted water to a boil.
- Add the orecchiette and stir to submerge and separate the pasta. Cook, uncovered, until the pasta is al dente, about 8 minutes. Reserve about 1/4 cup of the pasta cooking water for finishing the dish if necessary.
- While the pasta is cooking, in a large skillet over moderate heat, warm the oil.
- Add the garlic and sauté, stirring frequently, until light golden in color, about 1 minute.
- Add the red pepper flakes, if using, the blanched broccoli rabe, and the reserved pasta cooking water as needed.
- Drain the orecchiette in a colander, shaking well to remove excess water, then add it the broccoli rabe in the skillet and toss together over moderate heat until heated through, about 1 minute.
- Serve the pasta garnished with Pecorino Romano.

## Nutrition Facts



■ PROTEIN **16.42%** ■ FAT **15.77%** ■ CARBS **67.81%**

## Properties

Glycemic Index:21.83, Glycemic Load:34.38, Inflammation Score:-9, Nutrition Score:26.396956439899%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 521.46kcal (26.07%), Fat: 9.11g (14.01%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 88.11g (29.37%), Net Carbohydrates: 82.28g (29.92%), Sugar: 3.45g (3.83%), Cholesterol: 13mg (4.33%), Sodium: 381.42mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.66%), Vitamin K: 172.28µg (164.08%), Selenium: 74.59µg (106.56%), Manganese: 1.38mg (69.03%), Vitamin A: 2133.09IU (42.66%), Phosphorus: 368.57mg (36.86%), Calcium: 243.34mg (24.33%), Fiber: 5.83g (23.31%), Folate: 84.19µg (21.05%), Magnesium: 82.86mg (20.71%), Vitamin C: 15.9mg (19.27%), Copper: 0.37mg (18.63%), Iron: 3.3mg (18.34%), Zinc: 2.54mg (16.94%), Vitamin B6: 0.33mg (16.64%), Vitamin B1: 0.23mg (15.6%), Vitamin B3: 2.91mg (14.56%), Vitamin E: 2.03mg (13.5%), Vitamin B2: 0.22mg (12.77%), Potassium: 426.4mg (12.18%), Vitamin B5: 0.8mg (8%), Vitamin B12: 0.14µg (2.33%)