



Orecchiette with Broccoli, Roasted Garlic, and Pine Nuts

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds broccoli cut into small florets
- 1 head garlic separated
- 0.3 teaspoon fresh-ground pepper black
- 0.3 cup olive oil
- 0.8 pound orecchiette
- 0.3 cup parmesan cheese grated plus more for serving
- 0.3 cup pinenuts

- 0.5 teaspoon salt

Equipment

- frying pan
- sauce pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Heat the oven to 32
- In a small ovenproof dish, toss the garlic with the oil. Cover with foil and roast until soft, about 30 minutes.
- Put the pine nuts in a separate pan and toast alongside the garlic until golden brown, about 15 minutes.
- When the garlic is cool enough to handle, squeeze the flesh out of the peelings and mash the garlic into the warm oil remaining in the baking dish.
- Add the salt and pepper.
- In a medium saucepan, steam or boil the broccoli until just done. Steaming will take about 5 minutes and boiling will take about
- In a large pot of boiling, salted water, cook the orecchiette until just done, about 15 minutes. Reserve 1/2 cup of the pasta water.
- Drain the orecchiette and toss with 1/4 cup of the reserved pasta water, the broccoli, the garlic mixture, the pine nuts, and the Parmesan. If the pasta seems dry, add more of the reserved pasta water.
- Serve with additional Parmesan.
- Save the Stems: Though we use only the florets from the broccoli in this pasta, don't throw away the unused stems. Peel and slice them and add to a stir-fry or vegetable soup or use as a vegetable in their own right, either sauted in olive oil with a little garlic or boiled and buttered.

Wine Recommendation: Look for a crisp and zippy white wine such as a sauvignon blanc from the northern part of Italy. It will hold its own with the cheese, oil, and nuts and also complement the broccoli.

Nutrition Facts

PROTEIN 12% **FAT 39.21%** **CARBS 48.79%**

Properties

Glycemic Index:26.5, Glycemic Load:27.74, Inflammation Score:-9, Nutrition Score:32.373913063303%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 616.58kcal (30.83%), Fat: 27.47g (42.26%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 76.92g (25.64%), Net Carbohydrates: 69.35g (25.22%), Sugar: 5.48g (6.08%), Cholesterol: 5.44mg (1.81%), Sodium: 462.54mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Vitamin C: 151.79mg (183.99%), Vitamin K: 189.63µg (180.6%), Manganese: 2.05mg (102.6%), Selenium: 60.27µg (86.11%), Phosphorus: 361.6mg (36.16%), Vitamin E: 4.85mg (32.37%), Folate: 125.8µg (31.45%), Fiber: 7.57g (30.29%), Magnesium: 105.03mg (26.26%), Potassium: 793.49mg (22.67%), Vitamin A: 1117.3IU (22.35%), Copper: 0.45mg (22.29%), Vitamin B6: 0.43mg (21.64%), Zinc: 2.72mg (18.13%), Vitamin B2: 0.29mg (17.15%), Iron: 2.99mg (16.59%), Calcium: 156.9mg (15.69%), Vitamin B1: 0.23mg (15.35%), Vitamin B3: 2.91mg (14.57%), Vitamin B5: 1.39mg (13.91%), Vitamin B12: 0.08µg (1.41%)