



HEALTH SCORE

95%

Orecchiette with Cauliflower, Anchovies, and Fried Croutons



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



696 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 fillet anchovy finely chopped
- ☐ 1.5 cups top country-style
- ☐ 28 ounces cauliflower trimmed cut into 1-inch florets
- ☐ 3 large garlic clove chopped
- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup parmesan cheese packed freshly grated for serving ()
- ☐ 0.5 cup parsley fresh italian divided chopped

- ☐ 2 tablespoons pecorino cheese freshly grated
- ☐ 1 pound orecchiette ear-shaped (little pasta)
- ☐ 3 medium zucchini trimmed cut into 1/3-inch cubes (3 cups)

Equipment

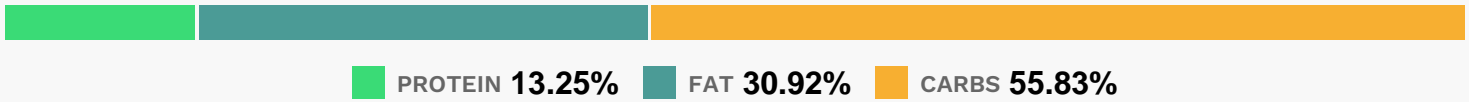
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 425°F. Toss cauliflower florets with 1 tablespoon olive oil in large bowl to coat.
- ☐ Sprinkle with salt and pepper and spread in single layer on large rimmed baking sheet. Roast until cauliflower florets are tender and beginning to brown in spots, stirring occasionally, about 25 minutes. Cool to room temperature. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Cook pasta in large pot of boiling generously salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta, reserving 1 1/3 cups pasta cooking liquid. Set pasta and cooking liquid aside separately.
- ☐ Meanwhile, heat 2 tablespoons olive oil in large deep nonstick skillet or large pot over medium-high heat.
- ☐ Add bread cubes and sauté until golden brown and crisp, 3 to 4 minutes.
- ☐ Transfer to small bowl and cool. Reserve skillet or pot.
- ☐ Add 2 tablespoons olive oil to same skillet or pot and heat over medium-high heat.
- ☐ Add zucchini and garlic and sauté until zucchini is golden brown and crisp-tender, 3 to 4 minutes.
- ☐ Add cauliflower and anchovies and sauté until heated through, 3 to 4 minutes. Season to taste with salt and freshly ground black pepper.

- ☐ Add drainedpasta, reserved 1 1/3 cups pasta cookingliquid, remaining 3 tablespoons olive oil,1/3 cup parsley, 1/3 cup Parmesan, and
- ☐ Pecorino Romano cheese and toss to coat.Season pasta to taste with salt and freshlyground black pepper. Divide pasta among6 bowls; sprinkle with fried croutons,remaining parsley, and additional Parmesancheese and serve.
- ☐ Fried zucchiniblossoms make a nice garnish for the pasta.Toss the blossoms in flour to coat, then frythem in a large skillet filled with 1/2 cup oliveoil heated to 360°F just until they're golden.
- ☐ Drain the fried blossoms on paper towelsbefore placing them on top of the pasta.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:43.08, Glycemic Load:48.13, Inflammation Score:-9, Nutrition Score:35.173478136244%

Flavonoids

Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 696.09kcal (34.8%), Fat: 24.2g (37.23%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 98.33g (32.78%), Net Carbohydrates: 90.79g (33.01%), Sugar: 9.8g (10.89%), Cholesterol: 9.37mg (3.12%), Sodium: 533.63mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.68%), Vitamin K: 118.61µg (112.96%), Vitamin C: 88.43mg (107.18%), Selenium: 69.79µg (99.7%), Manganese: 1.42mg (71.15%), Folate: 193.8µg (48.45%), Vitamin B1: 0.61mg (40.68%), Phosphorus: 361.64mg (36.16%), Vitamin B6: 0.61mg (30.47%), Vitamin B2: 0.51mg (30.19%), Fiber: 7.54g (30.17%), Vitamin B3: 5.98mg (29.92%), Potassium: 952.57mg (27.22%), Iron: 4.84mg (26.91%), Magnesium: 103.9mg (25.97%), Copper: 0.44mg (21.82%), Vitamin E: 3.22mg (21.44%), Zinc: 2.79mg (18.58%), Calcium: 174.92mg (17.49%), Vitamin B5: 1.69mg (16.9%), Vitamin A: 674.64IU (13.49%), Vitamin B12: 0.12µg (2.04%)