



Orecchiette with Roasted Broccoli and Walnuts

READY IN



10 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds broccoli cut into small florets
- 2 cloves garlic chopped
- 4 servings kosher salt and pepper black
- 0.3 cup olive oil
- 1 ounce parmesan grated
- 3 cups some other short pasta
- 2 tablespoons butter unsalted
- 0.5 cup walnuts roughly chopped

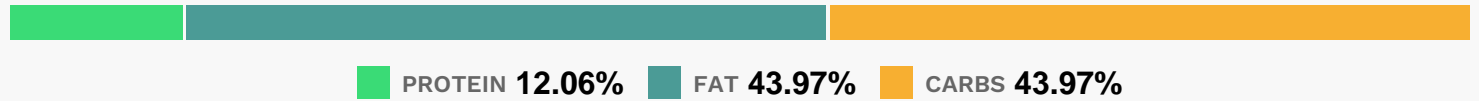
Equipment

- baking sheet
- oven
- pot

Directions

- Heat oven to 400 F. Cook the pasta according to the package directions. Reserve 3/4 cup of the cooking water, drain the pasta, and return it to the pot. Meanwhile, on a rimmed baking sheet, toss the broccoli, walnuts, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast, tossing once, until the broccoli is tender, 18 to 20 minutes. Toss the pasta with the broccoli mixture, butter, and 1/2 cup of the reserved pasta water. (
- Add more water if the pasta seems dry.)
- Sprinkle with the Parmesan before serving. Tip: The combination of roasted broccoli, walnuts, and garlic also makes a delicious side dish for chicken, beef, or pork.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:31.825217394725%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 645.19kcal (32.26%), Fat: 32.37g (49.8%), Saturated Fat: 7.93g (49.57%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 64.88g (23.59%), Sugar: 5.45g (6.06%), Cholesterol: 19.87mg (6.62%), Sodium: 369.77mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.95%), Vitamin C: 152.38mg (184.71%), Vitamin K: 182.74µg (174.03%), Selenium: 56.62µg (80.88%), Manganese: 1.61mg (80.3%), Phosphorus: 364.87mg (36.49%), Folate: 136.42µg (34.1%), Fiber: 7.95g (31.82%), Copper: 0.55mg (27.57%), Magnesium: 104.2mg (26.05%), Vitamin A: 1293.05IU (25.86%), Vitamin B6: 0.51mg (25.66%), Vitamin E: 3.64mg (24.26%), Potassium: 792.01mg

(22.63%), Calcium: 199.38mg (19.94%), Vitamin B2: 0.3mg (17.4%), Zinc: 2.48mg (16.53%), Vitamin B1: 0.25mg (16.51%), Iron: 2.85mg (15.85%), Vitamin B5: 1.45mg (14.46%), Vitamin B3: 2.62mg (13.11%), Vitamin B12: 0.1µg (1.62%)