



Pasta with Baby Broccoli and Beans

READY IN



25 min.

SERVINGS



4

CALORIES



640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bunches baby broccoli broccolini® (such as)
- 14.5 ounce avarakkai / broad beans rinsed drained canned
- 0.3 cup olive oil
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon pepper flakes red crushed
- 0.3 cup sun-dried tomatoes
- 0.5 head garlic whole
- 1 pound penne pasta whole-wheat

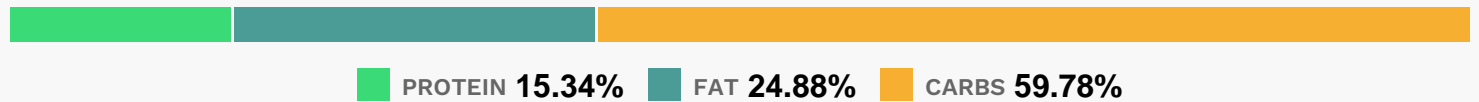
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook the pasta in boiling water until cooked through yet firm to the bite, about 11 minutes; drain.
- While the pasta cooks, heat the olive oil in a skillet over medium heat. Cook the garlic and red pepper flakes in the hot oil briefly, about 1 minutes. Stir the broccolini into the garlic; cook and stir together for 5 minutes.
- Add the fava beans and sun-dried tomatoes and cook until the beans are completely warmed, 3 to 4 minutes.
- Remove from heat and toss with the drained pasta in a large bowl.
- Sprinkle with the Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:15.856087037403%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 640.24kcal (32.01%), Fat: 17.52g (26.95%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 80.74g (29.36%), Sugar: 7.02g (7.8%), Cholesterol: 2.17mg (0.73%), Sodium: 546.6mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Vitamin C: 83.63mg (101.38%), Fiber: 13.98g (55.9%), Vitamin A: 1666.43IU (33.33%), Manganese: 0.49mg (24.39%), Potassium: 508.15mg (14.52%), Iron:

2.56mg (14.25%), Vitamin E: 2.06mg (13.7%), Phosphorus: 127.62mg (12.76%), Calcium: 123.68mg (12.37%), Magnesium: 48.35mg (12.09%), Copper: 0.22mg (11.18%), Vitamin K: 11.45µg (10.9%), Folate: 38.91µg (9.73%), Vitamin B3: 1.66mg (8.32%), Zinc: 0.93mg (6.22%), Vitamin B6: 0.12mg (5.99%), Vitamin B2: 0.1mg (5.87%), Selenium: 3.65µg (5.22%), Vitamin B1: 0.07mg (4.34%), Vitamin B5: 0.3mg (2.97%)