



HEALTH SCORE

91%

Pasta with Cauliflower, Tomato, and Parmesan



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs fresh
- ☐ 6 tablespoons olive oil extra virgin divided
- ☐ 1.5 cups onion chopped
- ☐ 2 tablespoons anchovies packed in oil, minced (6 anchovies)
- ☐ 1 large head cauliflower coarsely chopped (see How to Cut and Core Cauliflower)
- ☐ 5 cloves garlic minced
- ☐ 0.5 teaspoon pepper flakes red crushed to taste (more or less)
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 3 tablespoons tomato paste
- ☐ 0.5 pound elbow macaroni
- ☐ 15 ounce canned tomatoes diced whole chopped canned
- ☐ 0.3 cup parsley italian chopped
- ☐ 0.5 cup parmesan cheese freshly grated

Equipment

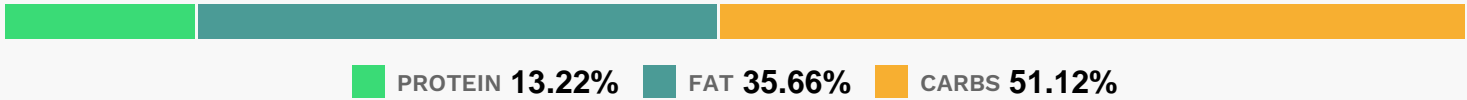
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Toast breadcrumbs: Toast crumbs in a little olive oil in a large skillet on medium high heat until lightly browned.
- ☐ Remove crumbs from skillet and set aside.
- ☐ Heat 2 Tbsp olive oil in the skillet on medium low heat.
- ☐ Add the onions, garlic, and anchovies.
- ☐ Crush the anchovies with the back of a spoon so that they smear well over the onions. Cook for 5 minutes, until the onions are soft.
- ☐ Remove the onions from the pan and set aside.
- ☐ While you are cooking the onions, put a large pot of salted water (1 Tbsp salt for 2 quarts of water) for the pasta on the stove to boil.
- ☐ Heat 4 Tbsp olive oil in the skillet on medium high heat.
- ☐ Add the cauliflower, stir infrequently, allowing the cauliflower edges to brown. Cook until the cauliflower florets are lightly browned, 3–5 minutes.
- ☐ Add red pepper flakes to the pan, and salt and pepper to taste.
- ☐ Add tomato paste, tomatoes, onion mixture: Dissolve tomato paste in 1/2 cup of water. Lower the heat to low.
- ☐ Add the tomato paste, tomatoes, onion, garlic, and anchovies, stir to combine well.
- ☐ Cook, uncovered, on low heat, until the cauliflower is tender.

- ☐ Cook pasta, add to cauliflower mixture: Cook the pasta, uncovered, in salted boiling water until just al dente, according to the pasta package's cooking directions.
- ☐ Drain the pasta from the cooking water and add the cooked pasta to the cauliflower mixture.
- ☐ Stir in about half of the parsley, breadcrumbs, and Parmesan (leave the rest for garnish on top).
- ☐ Makes great leftovers as the flavors have more time to blend.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:6.61, Inflammation Score:-9, Nutrition Score:38.486956654683%

Flavonoids

Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 13.39mg, Quercetin: 13.39mg, Quercetin: 13.39mg, Quercetin: 13.39mg

Nutrients (% of daily need)

Calories: 693.21kcal (34.66%), Fat: 28.23g (43.44%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 91.05g (30.35%), Net Carbohydrates: 79.97g (29.08%), Sugar: 15.98g (17.75%), Cholesterol: 15.31mg (5.1%), Sodium: 735.29mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.1%), Vitamin C: 124.23mg (150.58%), Vitamin K: 116.48µg (110.94%), Selenium: 53.14µg (75.91%), Manganese: 1.5mg (75.16%), Folate: 192.77µg (48.19%), Fiber: 11.08g (44.3%), Vitamin B6: 0.83mg (41.65%), Phosphorus: 406.43mg (40.64%), Potassium: 1421.57mg (40.62%), Vitamin B1: 0.55mg (36.7%), Vitamin E: 5.37mg (35.78%), Vitamin B3: 6.71mg (33.55%), Copper: 0.62mg (30.88%), Iron: 5.55mg (30.85%), Calcium: 296.59mg (29.66%), Magnesium: 116.22mg (29.06%), Vitamin B2: 0.43mg (25.36%), Vitamin B5: 2.31mg (23.1%), Zinc: 2.99mg (19.91%), Vitamin A: 915.5IU (18.31%), Vitamin B12: 0.31µg (5.15%)