



100%

## Pasta with pine nuts, broccoli, sardines & fennel



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 500 g long breadsticks
- ☐ 500 g broccoli halved
- ☐ 2 onion red sliced
- ☐ 4 garlic clove thinly sliced
- ☐ 1 small fennel bulb very thinly sliced
- ☐ 50 g sardines salted canned in oil

- ☐ 25 g pinenuts
- ☐ 25 g raisins
- ☐ 0.5 juice of lemon
- ☐ 6 servings pepper

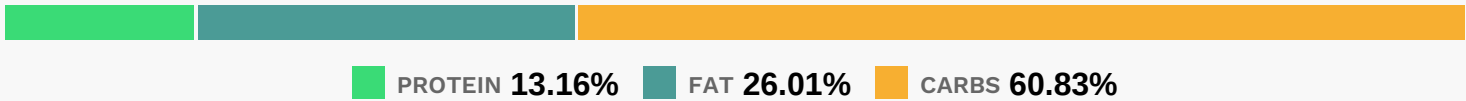
## Equipment

- ☐ frying pan

## Directions

- ☐ Bring a large pan of water to the boil, with a splash of oil, then add the pasta. Cook following pack instructions, adding the broccoli for the final 5 mins.
- ☐ Meanwhile, gently heat the oil in a large pan.
- ☐ Add the onions and sliced garlic, and cook slowly for 2 mins.
- ☐ Add the fennel and cook for a couple more mins, until softened. Flake the sardines into the pan and stir around for a few more mins to break them up.
- ☐ Tip the pasta and broccoli into the pan with the pine nuts, raisins and lemon juice. Toss together to let the pasta absorb the oil, season well and serve immediately, scattered with lemon zest and chilli flakes.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:29.53, Inflammation Score:-9, Nutrition Score:30.238260683806%

## Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg, Quercetin: 10.29mg

Nutrients (% of daily need)

Calories: 513.64kcal (25.68%), Fat: 15.14g (23.29%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 79.67g (26.56%), Net Carbohydrates: 71.83g (26.12%), Sugar: 7.11g (7.89%), Cholesterol: 11.83mg (3.94%), Sodium: 114.43mg (4.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Vitamin K: 119.95µg (114.24%), Vitamin C: 83.59mg (101.32%), Selenium: 60.35µg (86.21%), Manganese: 1.52mg (75.78%), Phosphorus: 319.81mg (31.98%), Fiber: 7.85g (31.39%), Vitamin E: 3.65mg (24.31%), Vitamin A: 1175.7IU (23.51%), Potassium: 806.18mg (23.03%), Magnesium: 90.55mg (22.64%), Folate: 88.49µg (22.12%), Copper: 0.43mg (21.56%), Vitamin B6: 0.42mg (21%), Iron: 3.07mg (17.05%), Vitamin B3: 3.16mg (15.78%), Zinc: 2.15mg (14.35%), Vitamin B2: 0.23mg (13.37%), Calcium: 128.34mg (12.83%), Vitamin B1: 0.19mg (12.74%), Vitamin B12: 0.75µg (12.42%), Vitamin B5: 1.07mg (10.74%), Vitamin D: 0.4µg (2.67%)