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HEALTH SCORE

Pasta With Roasted Broccoli and Almond-Tomato Sauce

☒ Vegetarian ☒ Vegan ☒ Dairy Free ☒ Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup lightly basil fresh packed
- ☐ 0.5 cup blanched almonds and
- ☐ 1 head broccoli cut into 1 1/2-inch pieces
- ☐ 12 ounces bucatini pasta
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 2 cloves garlic
- ☐ 4 servings kosher salt

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings pepper freshly ground

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 degrees F. Bring a large pot of salted water to a boil. Put 2 pieces of foil side by side on a baking sheet.
- ☐ Put the almonds on one piece of foil and the broccoli on the other.
- ☐ Transfer to the oven; roast until the almonds are lightly toasted, about 7 minutes.
- ☐ Remove the foil with the almonds. Continue roasting the broccoli until tender, about 7 more minutes. Season the broccoli with salt and pepper and transfer to a large bowl.
- ☐ Add the pasta to the boiling water and cook as the label directs. Meanwhile, pulse the almonds in a food processor until finely chopped; with the motor running, add the garlic and process until finely chopped.
- ☐ Drizzle in the olive oil and process until blended.
- ☐ Add the basil and pulse until smooth; transfer to the bowl with the broccoli.
- ☐ Put the tomatoes and half of their juice (about 1 cup) in the food processor and pulse until pureed.
- ☐ Add to the bowl with the broccoli mixture and stir to combine.
- ☐ Add 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Drain the pasta and toss with the sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 14.84%**  **FAT 24.07%**  **CARBS 61.09%**

Properties

Glycemic Index:61, Glycemic Load:31.75, Inflammation Score:-10, Nutrition Score:40.060434673143%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 574.5kcal (28.73%), Fat: 16.06g (24.7%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 91.7g (30.57%), Net Carbohydrates: 79.56g (28.93%), Sugar: 14.34g (15.94%), Cholesterol: 0mg (0%), Sodium: 514.59mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Vitamin C: 155.39mg (188.35%), Vitamin K: 193.98µg (184.75%), Manganese: 1.86mg (92.81%), Selenium: 59.48µg (84.97%), Vitamin E: 8.3mg (55.32%), Fiber: 12.14g (48.57%), Copper: 0.87mg (43.65%), Magnesium: 162.95mg (40.74%), Phosphorus: 405.53mg (40.55%), Potassium: 1379.53mg (39.42%), Folate: 148.67µg (37.17%), Vitamin B6: 0.73mg (36.53%), Vitamin A: 1691.9IU (33.84%), Iron: 5.56mg (30.92%), Vitamin B3: 5.45mg (27.27%), Vitamin B2: 0.45mg (26.44%), Vitamin B1: 0.37mg (24.55%), Calcium: 207.6mg (20.76%), Zinc: 2.89mg (19.27%), Vitamin B5: 1.86mg (18.61%)