



 **100%**
HEALTH SCORE

Penne Pasta with Broccoli and Cheese

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz penne pasta (I used Trader Joe's High Fiber Pasta)
- 4 cups water
- 1 cup chicken broth low sodium
- 5 cups broccoli florets frozen (I used)
- 0.5 Tbsp basil
- 0.5 Tbsp basil
- 0.3 tsp pepper
- 2 cloves garlic minced

8 tsp parmesan

Equipment

frying pan

pot

Directions

In a large pot add water and bring to a boil.

Add pasta and cook until done, about 6 minutes.

Meanwhile, heat the broth, basil, black pepper, garlic and broccoli in a large skillet over medium heat bring to a boil. Reduce the heat to low. Cover and cook until the broccoli is tender-crisp.

Add the pasta to the broccoli mixture and toss to coat.

Add cheese to the pasta mixture

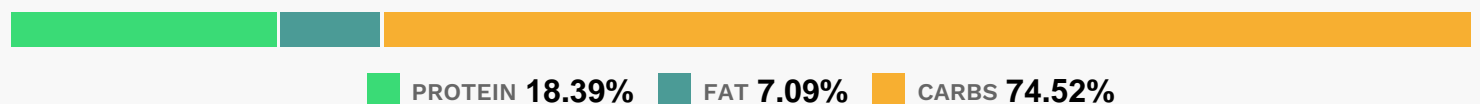
Serve and enjoy!

Makes 4 servings, about 2 cups or so

Calories per serving: 235, Fat: 2.

Cholesterol: 5, Sodium: 138, Carbs: 40.3, Fiber: 8.5, Sugar: 3.3, Protein: 12

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:18.67, Inflammation Score:-8, Nutrition Score:22.459130434783%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 269.22kcal (13.46%), Fat: 2.17g (3.34%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 46.42g (16.88%), Sugar: 3.56g (3.96%), Cholesterol: 1.36mg (0.45%), Sodium: 102.85mg (4.47%),

Protein: 12.65g (25.31%), Vitamin C: 102.22mg (123.9%), Vitamin K: 122.88µg (117.03%), Selenium: 39.35µg (56.22%), Manganese: 0.82mg (40.92%), Phosphorus: 217.19mg (21.72%), Folate: 83.15µg (20.79%), Fiber: 4.86g (19.44%), Vitamin A: 808.18IU (16.16%), Potassium: 550.79mg (15.74%), Vitamin B6: 0.31mg (15.44%), Copper: 0.3mg (15.02%), Magnesium: 59.37mg (14.84%), Vitamin B3: 2.53mg (12.65%), Vitamin B2: 0.19mg (11.44%), Calcium: 104.56mg (10.46%), Iron: 1.8mg (9.97%), Zinc: 1.44mg (9.57%), Vitamin B5: 0.92mg (9.19%), Vitamin B1: 0.14mg (9.08%), Vitamin E: 0.97mg (6.46%), Vitamin B12: 0.08µg (1.38%)