



WHATSheATE



Penne with Broccoli Rabe, Walnuts, and Pecorino

READY IN



45 min.

SERVINGS



4

CALORIES



1033 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large bunches broccoli rabe stemmed coarsely chopped (rapini)
- ☐ 4 garlic cloves peeled
- ☐ 2.5 cups leeks white green chopped (and pale parts only; 2 large)
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.3 cup olive oil
- ☐ 1 cup pecorino romano cheese divided grated
- ☐ 1 pound penne pasta
- ☐ 0.8 cup vegetable broth

- ☐ 1.5 cups walnut halves toasted
- ☐ 0.3 cup whipping cream

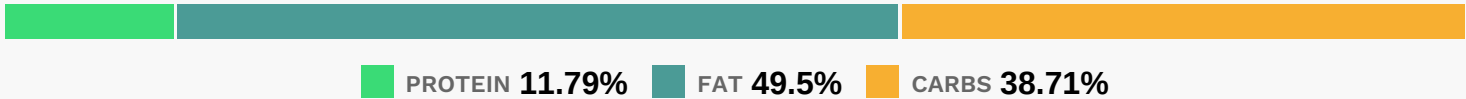
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add leeks and sauté until golden and soft, about 5 minutes.
- ☐ Add broccoli rabe and sauté, tossing with tongs, until slightly softened and bright green, about 3 minutes.
- ☐ Add garlic and stir 1 minute. Stir in broth, crme frache, and lemon peel, then 1/3 cup cheese.
- ☐ Season to taste with salt and pepper. Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot. Stir in broccoli rabe mixture and walnuts, adding 1/2 cup cooking liquid to moisten and adding more by tablespoonfuls if needed. Divide pasta among bowls.
- ☐ Serve, passing remaining cheese separately.
- ☐ *An Italian leafy green vegetable with scattered clusters of tiny, broccoli-like florets; available at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:37.64, Inflammation Score:-9, Nutrition Score:30.989130445149%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg 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: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1032.59kcal (51.63%), Fat: 57.9g (89.08%), Saturated Fat: 13.73g (85.83%), Carbohydrates: 101.87g (33.96%), Net Carbohydrates: 94.06g (34.2%), Sugar: 7.57g (8.41%), Cholesterol: 48.41mg (16.14%), Sodium: 501.45mg (21.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Manganese: 2.86mg (143.13%), Selenium: 79.04µg (112.91%), Phosphorus: 592.24mg (59.22%), Copper: 1.11mg (55.62%), Magnesium: 157.72mg (39.43%), Calcium: 386.83mg (38.68%), Vitamin K: 37.92µg (36.12%), Fiber: 7.81g (31.22%), Vitamin B6: 0.6mg (29.75%), Vitamin A: 1439.33IU (28.79%), Folate: 102.25µg (25.56%), Zinc: 3.76mg (25.04%), Iron: 4.28mg (23.78%), Vitamin E: 3.14mg (20.95%), Vitamin B1: 0.31mg (20.4%), Potassium: 602.38mg (17.21%), Vitamin B2: 0.29mg (16.79%), Vitamin B3: 2.71mg (13.53%), Vitamin C: 10.34mg (12.53%), Vitamin B5: 1mg (9.98%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.44µg (2.95%)