



Penne with Hazelnut Gremolata and Roasted Broccolini



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound broccolini thick cut in half lengthwise
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons hazelnuts toasted finely chopped
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 3 tablespoons olive oil divided
- ☐ 2 tablespoons parsley fresh italian finely chopped
- ☐ 0.3 pound penne pasta (scant)

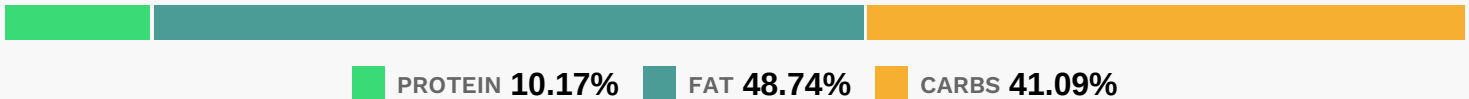
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place broccolini on large rimmed baking sheet.
- ☐ Drizzle with 2 tablespoons oil; sprinkle with salt and pepper. Toss, then spread in even layer.
- ☐ Roast broccolini until tender and golden brown around edges, tossing occasionally, about 18 minutes. Cool. Chop coarsely. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Mix hazelnuts, chopped parsley, finely grated lemon peel, and garlic in small bowl. DO AHEAD: Gremolata can be made 2 hours ahead. Cover and refrigerate.
- ☐ Cook pasta in large saucepan of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain; return to saucepan.
- ☐ Add broccolini and toss over medium heat to rewarm.
- ☐ Transfer to medium bowl.
- ☐ Add gremolata and remaining 1 tablespoon oil; toss to distribute evenly. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index: 59.5, Glycemic Load: 17.3, Inflammation Score: -9, Nutrition Score: 21.800434661948%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 510.11kcal (25.51%), Fat: 27.98g (43.05%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 48.58g (17.67%), Sugar: 4.75g (5.27%), Cholesterol: 0mg (0%), Sodium: 39.79mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Vitamin C: 113.05mg (137.03%), Vitamin K: 79.74µg (75.95%), Manganese: 1.17mg (58.45%), Selenium: 36.3µg (51.86%), Vitamin A: 2341.24IU (46.82%), Vitamin E: 4.62mg (30.82%), Fiber: 4.5g (17.99%), Copper: 0.35mg (17.41%), Iron: 2.58mg (14.32%), Phosphorus: 141.02mg (14.1%), Magnesium: 49.03mg (12.26%), Calcium: 114.48mg (11.45%), Vitamin B1: 0.12mg (8.2%), Vitamin B6: 0.16mg (8.12%), Zinc: 1.11mg (7.4%), Folate: 27.89µg (6.97%), Potassium: 226.02mg (6.46%), Vitamin B3: 1.21mg (6.07%), Vitamin B5: 0.37mg (3.67%), Vitamin B2: 0.05mg (3.09%)