



 **76%**
HEALTH SCORE

Penne with Hazelnut Gremolata and Roasted Broccolini

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



509 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
- 3 tablespoons olive oil divided
- 2 tablespoons parsley fresh italian finely chopped
- 0.3 pound penne pasta (scant)

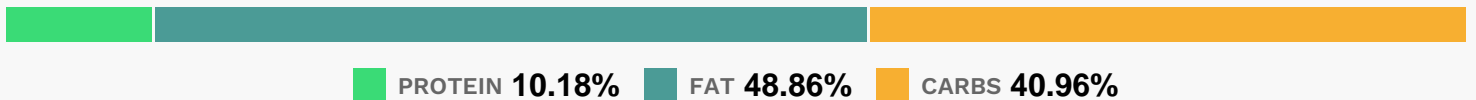
Equipment

- 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: 21.708260722782%

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: 509.17kcal (25.46%), Fat: 27.98g (43.04%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 52.76g (17.59%),
Net Carbohydrates: 48.48g (17.63%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 39.67mg (1.72%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Vitamin C: 110.47mg (133.91%), Vitamin K:
79.74µg (75.95%), Manganese: 1.17mg (58.45%), Selenium: 36.29µg (51.84%), Vitamin A: 2340.24IU (46.8%),
Vitamin E: 4.62mg (30.78%), Copper: 0.35mg (17.32%), Fiber: 4.29g (17.14%), Iron: 2.56mg (14.23%), Phosphorus:
140.78mg (14.08%), Magnesium: 48.73mg (12.18%), Calcium: 111.8mg (11.18%), Vitamin B1: 0.12mg (8.12%), Vitamin B6:
0.16mg (7.95%), Zinc: 1.1mg (7.36%), Folate: 27.63µg (6.91%), Potassium: 222.82mg (6.37%), Vitamin B3: 1.21mg
(6.03%), Vitamin B5: 0.36mg (3.61%), Vitamin B2: 0.05mg (2.99%)