

**69%**
HEALTH SCORE

Penne with Red Pepper Sauce and Broccoli

 **Very Healthy**

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**472 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almonds
- 2 teaspoons balsamic vinegar
- 6 servings pepper black freshly ground
- 4 cups broccoli florets
- 0.1 teaspoon cayenne pepper
- 0.5 cup basil leaves fresh cut into thin strips
- 2 cloves garlic minced
- 4 tablespoons olive oil

- 1.5 cups onion chopped
- 0.3 cup parmesan cheese grated
- 1 pound penne pasta
- 2 bell peppers red chopped
- 0.5 teaspoon salt

Equipment

- food processor
- frying pan
- sauce pan
- pot
- blender

Directions

- Heat 2 tablespoons of the olive oil over medium heat in a large skillet.
- Add the onions and saute them for about 5 minutes until they soften; stirring occasionally. Lower the heat a bit and add the garlic and red pepper. Continue to cook the vegetables, stirring often for 15 minutes.
- In a food processor or blender, chop the almonds fine.
- Add the pepper-onion mixture, the vinegar, and the remaining olive oil; blend all to a puree.
- Add the salt, black pepper, and cayenne. Blend briefly to incorporate them.
- Arrange a vegetable steamer over water in a saucepan. Bring the water to a boil, and add the broccoli. Cover the pan, and cook the broccoli over medium heat for 5 minutes or a bit longer, until it is tender as you like. Keep it warm.
- Cook the pasta in a large pot of salted boiling water until it is just tender.
- Drain the pasta, and return it to the pot.
- Pour the red pepper sauce, the Parmesan cheese, the broccoli, and the basil into the pot of penne.
- Heat the contents over medium heat until the pasta is very hot.
- Mix well.

Add more salt and pepper to taste if necessary.

Serve the pasta immediately.

Nutrition Facts

PROTEIN 12.94% **FAT 29.03%** **CARBS 58.03%**

Properties

Glycemic Index:59.5, Glycemic Load:25.12, Inflammation Score:-9, Nutrition Score:26.116086812123%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg, Kaempferol: 5.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 471.61kcal (23.58%), Fat: 15.42g (23.72%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 69.34g (23.11%), Net Carbohydrates: 62.99g (22.91%), Sugar: 6.95g (7.72%), Cholesterol: 4.83mg (1.61%), Sodium: 319.67mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Vitamin C: 108.55mg (131.58%), Vitamin K: 78.29µg (74.56%), Selenium: 51.88µg (74.12%), Manganese: 1.11mg (55.67%), Vitamin A: 1792.31IU (35.85%), Vitamin E: 4.12mg (27.46%), Phosphorus: 271.96mg (27.2%), Fiber: 6.34g (25.38%), Folate: 82.08µg (20.52%), Magnesium: 81.57mg (20.39%), Vitamin B6: 0.41mg (20.32%), Copper: 0.35mg (17.35%), Potassium: 570.36mg (16.3%), Vitamin B2: 0.25mg (14.77%), Zinc: 1.94mg (12.93%), Calcium: 128.02mg (12.8%), Vitamin B3: 2.36mg (11.79%), Iron: 2.09mg (11.59%), Vitamin B1: 0.17mg (11.17%), Vitamin B5: 0.91mg (9.06%), Vitamin B12: 0.08µg (1.25%)