



Quick Sun-Dried Tomato and Broccoli Penne



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



522 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 Teaspoon balsamic vinegar
- ☐ 8 Ounces broccoli cut into small florets (one medium broccoli crown)
- ☐ 0.5 Teaspoon basil dried fresh thinly sliced (I was out of the stuff)
- ☐ 1 garlic clove crushed
- ☐ 0.1 Teaspoon ground pepper
- ☐ 1 Teaspoon olive oil extra-virgin
- ☐ 4 Ounces penne pasta gluten-free (I used Trader Joe's Corn Pasta)
- ☐ 0.3 Teaspoon salt to taste (I used the full)

☐ 2 Ounces sun-dried tomatoes (with herbs) extra-virgin packed in oil, mostly drained and chopped (1/3 cup of chopped sun-dried tomatoes, i used bella sun luci in olive oil

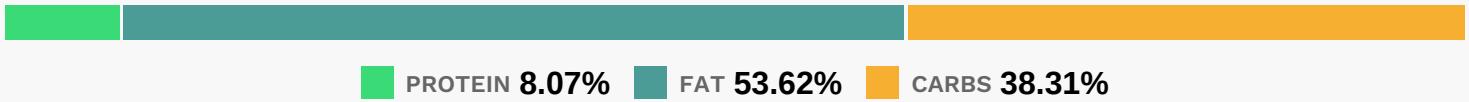
Equipment

☐ bowl

Directions

- ☐ Boil pasta adding the broccoli to the water when the pasta has 3 to 5 minutes left to cook (the corn pasta takes 15 minutes (the package is incorrect), so I add the broccoli when 4 minutes remain – that equals perfect doneness for me).While that is cooking, place the remaining ingredients in a large bowl, and stir to combine.When the pasta and broccoli are finished, drain thoroughly, then add them to the large bowl, tossing them with the other ingredients to evenly coat.
- ☐ Add more salt, pepper, or oil to taste, if desired.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:18.85, Inflammation Score:-8, Nutrition Score:22.593043430992%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 521.95kcal (26.1%), Fat: 31.64g (48.67%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 46.04g (16.74%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 332.97mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.43%), Vitamin K: 134.33µg (127.93%), Vitamin C: 101.62mg (123.18%), Selenium: 38.89µg (55.56%), Manganese: 0.8mg (40.17%), Vitamin E: 5.32mg (35.47%), Folate: 81.73µg (20.43%), Fiber: 4.83g (19.3%), Phosphorus: 184.99mg (18.5%), Vitamin B6: 0.3mg (14.9%), Vitamin A: 708.61IU (14.17%), Potassium: 495.69mg (14.16%), Magnesium: 54.78mg (13.69%), Copper: 0.23mg (11.33%), Iron: 1.79mg (9.97%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.9mg (9.05%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.29mg (8.57%), Vitamin B3: 1.7mg (8.5%), Calcium: 69.68mg (6.97%)