



Red-Wine Spaghetti with Broccoli

READY IN



35 min.

SERVINGS



4

CALORIES



990 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.8 lb broccoli thick
- ☐ 2 tablespoons garlic clove finely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan finely grated
- ☐ 4 servings parmesan finely grated
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 750 ml red wine (preferably Zinfandel)
- ☐ 0.8 teaspoon salt

- ☐ 1 lb pasta like spaghetti
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

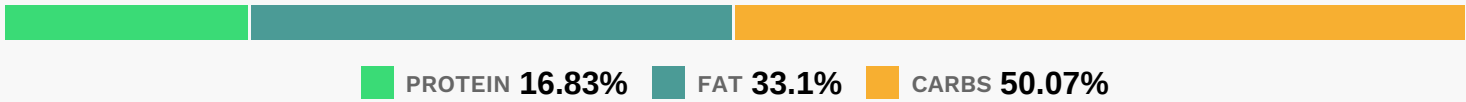
Directions

- ☐ Cut broccoli into 1-inch-wide florets (with 1/2 inch of stem). Blanch in a 6- to 8-quart pot of boiling salted water, uncovered, 2 minutes.
- ☐ Transfer with a slotted spoon to a large colander to drain, reserving broccoli-cooking liquid in pot, then transfer broccoli to a bowl.
- ☐ Return cooking liquid to a boil and cook spaghetti, stirring occasionally, 5 minutes (pasta will not be fully cooked).
- ☐ Drain in colander and return empty pot to stovetop.
- ☐ Add wine and sugar to pot and boil vigorously 2 minutes.
- ☐ Add spaghetti and shake pot to prevent pasta from sticking. Gently stir with tongs until coated and boil over high heat, stirring occasionally, until most of liquid is absorbed, about 6 minutes (pasta will be al dente).
- ☐ Immediately after adding spaghetti to wine mixture, cook garlic and red pepper flakes in oil in a deep 12-inch heavy skillet over moderately low heat, shaking skillet occasionally, until garlic is pale golden, about 5 minutes.
- ☐ Add broccoli, salt, and pepper and cook, stirring, 1 minute.
- ☐ Increase heat to high and pour spaghetti mixture into skillet, tossing with tongs to combine (skillet will be very full). Cook, stirring, until all of wine is absorbed, about 2 minutes.
- ☐ Remove from heat and stir in cheese.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.02, Glycemic Load:38.08, Inflammation Score:-10, Nutrition Score:38.516956490019%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 15.57mg, Kaempferol: 15.57mg, Kaempferol: 15.57mg, Kaempferol: 15.57mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 989.63kcal (49.48%), Fat: 31.49g (48.45%), Saturated Fat: 10.01g (62.57%), Carbohydrates: 107.17g (35.72%), Net Carbohydrates: 98.15g (35.69%), Sugar: 7.8g (8.67%), Cholesterol: 28.9mg (9.63%), Sodium: 1194.37mg (51.93%), Alcohol: 20.76g (100%), Alcohol %: 4.65% (100%), Protein: 36.02g (72.04%), Vitamin C: 178.26mg (216.08%), Vitamin K: 214.83µg (204.6%), Selenium: 86.83µg (124.04%), Manganese: 1.57mg (78.46%), Phosphorus: 647.51mg (64.75%), Calcium: 629.92mg (62.99%), Folate: 148.64µg (37.16%), Fiber: 9.02g (36.09%), Vitamin A: 1644.1IU (32.88%), Magnesium: 122.29mg (30.57%), Vitamin B6: 0.6mg (30.13%), Vitamin E: 4.46mg (29.73%), Potassium: 943.6mg (26.96%), Vitamin B2: 0.45mg (26.39%), Zinc: 3.64mg (24.28%), Copper: 0.46mg (22.84%), Iron: 3.51mg (19.51%), Vitamin B5: 1.85mg (18.48%), Vitamin B1: 0.27mg (17.9%), Vitamin B3: 3.37mg (16.85%), Vitamin B12: 0.51µg (8.5%), Vitamin D: 0.21µg (1.42%)