

food
network

 **100%**
HEALTH SCORE

Red-Wine Spaghetti with Broccoli Rabe

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.8 pounds broccoli rabe thick
- ☐ 2 tablespoons garlic cloves finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 1 teaspoon pepper flakes dried red hot
- ☐ 1 bottle red wine 750 ml – preferably Zinfandel
- ☐ 0.8 teaspoon salt

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

Equipment

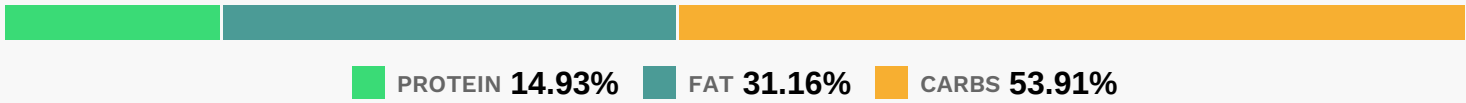
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Cut broccoli rabe into 1-inch wide florets. Blanch in a 6 to 8 quart pot of boiling salted water, uncovered, 2 minutes.
- ☐ Transfer with 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). Reserve 1 cup of pasta water and drain pasta in colander and return empty pot to stovetop.
- ☐ Add wine and sugar to pot and boil vigorously 2 minutes until liquid is reduced a bit.
- ☐ 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 the 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 the olive oil in a large, deep 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.
- ☐ Add 1/2 cup of reserved pasta water.
- ☐ Pour broccoli into skillet with the spaghetti mixture and carefully toss with tongs to combine (skillet will be very full). Cook while stirring, about 2 minutes.

- ☐
- Remove from heat, season with freshly ground black pepper and drizzle with a bit of olive oil.
Stir in the grated cheese.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:35.34, Inflammation Score:-10, Nutrition Score:39.165217768887%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 684.55kcal (34.23%), Fat: 24.02g (36.95%), Saturated Fat: 5.03g (31.46%), Carbohydrates: 93.47g (31.16%), Net Carbohydrates: 84.16g (30.6%), Sugar: 4.96g (5.51%), Cholesterol: 8.5mg (2.83%), Sodium: 717.87mg (31.21%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 25.89g (51.79%), Vitamin K: 456.69µg (434.94%), Selenium: 77.15µg (110.22%), Vitamin A: 5450.87IU (109.02%), Manganese: 1.93mg (96.73%), Vitamin C: 41.34mg (50.11%), Folate: 186.3µg (46.57%), Phosphorus: 453.95mg (45.4%), Vitamin E: 6.16mg (41.04%), Calcium: 396.59mg (39.66%), Fiber: 9.31g (37.23%), Iron: 6.11mg (33.93%), Vitamin B1: 0.44mg (29.2%), Vitamin B6: 0.57mg (28.63%), Magnesium: 111.44mg (27.86%), Zinc: 3.54mg (23.62%), Vitamin B3: 4.47mg (22.36%), Vitamin B2: 0.38mg (22.08%), Copper: 0.44mg (21.79%), Potassium: 682.74mg (19.51%), Vitamin B5: 1.22mg (12.16%), Vitamin B12: 0.15µg (2.5%)