



WHATSheATE



HEALTH SCORE

75%

Rigatoni with Roasted Broccoli and Chickpeas



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli cut into small florets
- ☐ 2 ounces anchovies packed in oil, chopped, oil reserved canned
- ☐ 15.5 ounces chickpeas rinsed drained canned (liquid reserved)
- ☐ 1 chicken bouillon cube
- ☐ 4 cloves garlic chopped
- ☐ 0.5 pound rigatoni whole-wheat
- ☐ 0.5 cup romano grated

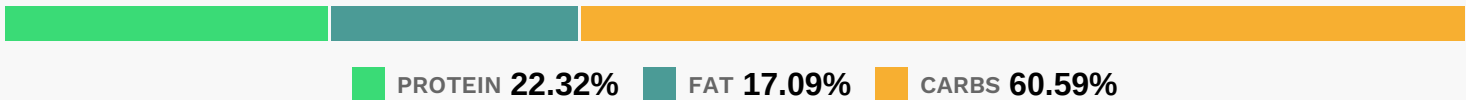
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 450°F. In a small saucepan over medium-high heat, sauté anchovies with oil and garlic until anchovies dissolve and garlic browns.
- ☐ Add chickpea liquid and bouillon to anchovies; cook, stirring, until bouillon dissolves.
- ☐ Pour anchovy mixture into roasting pan; add chickpeas and broccoli; stir to coat. Roast 20 minutes. Cook rigatoni as directed on package until al dente.
- ☐ Drain rigatoni, reserving 1 cup cooking liquid.
- ☐ Add pasta to chickpea-broccoli mixture; roast until pasta is completely cooked, adding reserved cooking liquid a little at a time and stirring to reach desired consistency, 5 to 10 minutes.
- ☐ Remove from oven; let sit 5 minutes; serve topped with Romano.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:22.91, Inflammation Score:-8, Nutrition Score:32.507825872172%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 430.86kcal (21.54%), Fat: 8.32g (12.79%), Saturated Fat: 3g (18.74%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 56.65g (20.6%), Sugar: 3.74g (4.15%), Cholesterol: 25.18mg (8.39%), Sodium: 1255.69mg (54.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Vitamin C: 102.21mg (123.89%), Vitamin K: 117.76µg (112.16%), Manganese: 1.73mg (86.25%), Selenium: 53.04µg (75.77%), Vitamin B6: 0.88mg (43.81%), Phosphorus: 406.86mg (40.69%), Fiber: 9.66g (38.64%), Folate: 112.24µg (28.06%), Calcium: 276.84mg (27.68%),

Magnesium: 99.74mg (24.94%), Vitamin B3: 4.71mg (23.54%), Copper: 0.45mg (22.41%), Potassium: 745.95mg (21.31%), Iron: 3.73mg (20.72%), Zinc: 2.73mg (18.18%), Vitamin B2: 0.29mg (16.97%), Vitamin A: 780.78IU (15.62%), Vitamin B5: 1.43mg (14.28%), Vitamin B1: 0.19mg (12.63%), Vitamin E: 1.45mg (9.7%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.3µg (2.02%)