



## Rotini with Broccoli

READY IN



30 min.

SERVINGS



9

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups broccoli fresh chopped
- 1 cup chicken broth
- 4 cloves garlic chopped
- 9 servings pepper black to taste
- 0.5 cup juice of lemon
- 0.5 cup olive oil
- 0.3 cup parmesan cheese freshly grated
- 1 pinch pepper red crushed
- 16 ounce rotini pasta uncooked

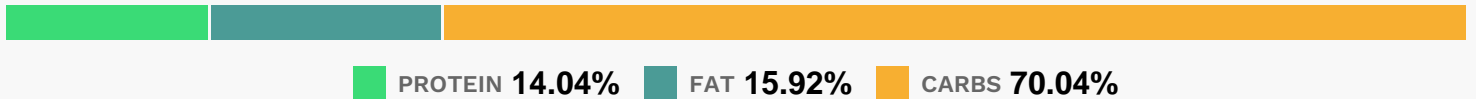
## Equipment

- frying pan
- pot
- slotted spoon

## Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the broccoli, and cook, uncovered, for 3 minutes.
- Remove the broccoli with a slotted spoon; set aside. Stir the rotini into the same pot, and return to a boil. Cook uncovered, stirring occasionally, until the pasta is cooked through, but still firm to the bite, about 8 minutes.
- Drain.
- Heat olive oil in a skillet over medium heat; cook and stir the garlic and crushed red pepper for 1 minute. Stir in the broccoli, chicken broth, lemon juice, salt, and black pepper. Bring to a boil; reduce the heat to medium-low and simmer until the broccoli is tender, about 5 minutes. Stir in the drained pasta; cook over low heat for 1 minute. Stir in the Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.11, Glycemic Load:15.45, Inflammation Score:-4, Nutrition Score:9.0521737712881%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 231.7kcal (11.58%), Fat: 4.09g (6.3%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 38.42g (13.97%), Sugar: 2.07g (2.3%), Cholesterol: 2.94mg (0.98%), Sodium: 153.96mg (6.69%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.12g (16.24%), Selenium: 33.51µg (47.87%), Manganese: 0.54mg (27.21%), Vitamin C: 18.74mg (22.72%), Vitamin K: 16.7µg (15.91%), Phosphorus: 126.91mg (12.69%), Fiber: 2.09g (8.37%), Copper: 0.17mg (8.27%), Magnesium: 32.36mg (8.09%), Zinc: 0.93mg (6.22%), Vitamin B6: 0.12mg (6.14%), Potassium: 189.43mg (5.41%), Folate: 21.25µg (5.31%), Vitamin B3: 1.03mg (5.17%), Iron: 0.85mg (4.73%), Calcium: 46.81mg (4.68%), Vitamin B1: 0.07mg (4.54%), Vitamin B2: 0.08mg (4.48%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 120.7IU (2.41%)