



Spaghetti and Broccoli Aglio Olio

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch broccoli thinly sliced cut into 4 cups florets and 1 cup stems from close to the base
- ☐ 6 cloves garlic minced
- ☐ 8 servings ice cubes
- ☐ 0.5 juice of lemon
- ☐ 8 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 2 teaspoon pepper flakes red

☐ 1 pound pasta like spaghetti

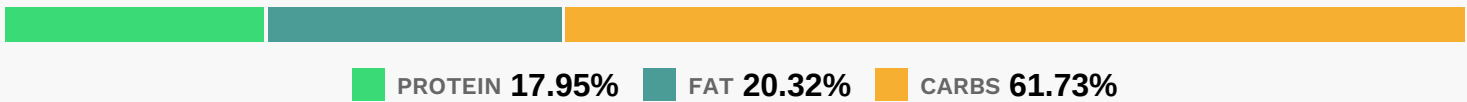
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Add the broccoli florets to a large pot of boiling, salted water and cook until al dente, 3 to 4 minutes. Prepare a bowl of ice water.
- ☐ Remove the florets from the pot, reserving the cooking water. Stop the cooking process by shocking them in the ice water.
- ☐ Remove the florets and pat dry.
- ☐ Add the spaghetti in the same pot of water. Cook until al dente, about 8 minutes.
- ☐ Meanwhile, add the oil, sliced broccoli stems, red pepper flakes and garlic to a large skillet over medium-low heat and sprinkle with salt. Cook until the garlic is lightly toasted and fragrant, about 8 minutes.
- ☐ Add the florets, toss to coat and warm through.
- ☐ Drain the pasta in a colander set in the sink, and add the pasta to the skillet. Increase the heat to medium-high. Toss the ingredients and adjust the seasoning if needed.
- ☐ Transfer the pasta to a large serving bowl. Squeeze the lemon juice over the top and sprinkle with the Parmigiano-Reggiano.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:18.32, Inflammation Score:-7, Nutrition Score:19.91826083997%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 314.24kcal (15.71%), Fat: 7.15g (11.01%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 44.89g (16.32%), Sugar: 3.01g (3.35%), Cholesterol: 8.5mg (2.83%), Sodium: 433.98mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin C: 69.22mg (83.91%), Vitamin K: 79.98µg (76.17%), Selenium: 40.97µg (58.53%), Manganese: 0.73mg (36.44%), Phosphorus: 249.16mg (24.92%), Calcium: 203.29mg (20.33%), Fiber: 4.02g (16.07%), Folate: 59.54µg (14.89%), Vitamin A: 719.67IU (14.39%), Magnesium: 53.5mg (13.37%), Vitamin B6: 0.26mg (13.21%), Potassium: 398.87mg (11.4%), Copper: 0.23mg (11.31%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.51mg (10.06%), Iron: 1.54mg (8.54%), Vitamin E: 1.27mg (8.45%), Vitamin B3: 1.56mg (7.79%), Vitamin B1: 0.12mg (7.74%), Vitamin B5: 0.76mg (7.57%), Vitamin B12: 0.15µg (2.5%)