



WHATSHEATE



HEALTH SCORE

74%

Spaghetti with Cauliflower, Green Olives, and Almonds



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



706 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 pound cauliflower cut into 1-inch-wide florets (8 cups)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic clove finely chopped
- ☐ 1.3 cups oil-cured olives plain green pitted (or stuffed)
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan finely grated for serving
- ☐ 0.5 teaspoon pepper dried hot

- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound pasta like spaghetti dried
- ☐ 0.3 cup water
- ☐ 0.8 cup almonds whole with skin (3 3/4 ounces), toasted and coarsely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Pulse olives and parsley in a food processor until coarsely chopped.
- ☐ Transfer to a bowl.
- ☐ Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook cauliflower with salt, stirring occasionally, until golden brown, about 8 minutes.
- ☐ Add garlic and red-pepper flakes and cook, stirring occasionally, until cauliflower is tender and garlic is golden, 3 to 5 minutes.
- ☐ Stir in water and boil 1 minute.
- ☐ Add olive mixture and cook, stirring, until heated through, about 2 minutes.
- ☐ Meanwhile, cook pasta in a 6- to 8-quart pot of boiling salted water, stirring occasionally, until al dente. Reserve 1 cup pasta-cooking water.
- ☐ Drain in a colander and return to pot.
- ☐ Add cauliflower mixture and toss well, then add cheese and toss again. If pasta is dry, moisten with some reserved cooking water.
- ☐ Sprinkle pasta with almonds and serve immediately, with additional cheese on the side.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:28.86, Inflammation Score:-9, Nutrition Score:41.577390915674%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 16.27mg, Apigenin: 16.27mg, Apigenin: 16.27mg, Apigenin: 16.27mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 706.31kcal (35.32%), Fat: 30.65g (47.15%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 86.75g (28.92%), Net Carbohydrates: 73.24g (26.63%), Sugar: 9.28g (10.32%), Cholesterol: 8.5mg (2.83%), Sodium: 1249.01mg (54.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Vitamin C: 147.32mg (178.57%), Vitamin K: 171.38µg (163.22%), Manganese: 1.89mg (94.45%), Selenium: 60.12µg (85.89%), Vitamin E: 9.75mg (65%), Fiber: 13.52g (54.07%), Phosphorus: 511.43mg (51.14%), Folate: 202.38µg (50.59%), Magnesium: 174.97mg (43.74%), Potassium: 1318.63mg (37.67%), Vitamin B6: 0.74mg (37.17%), Copper: 0.71mg (35.51%), Vitamin B2: 0.58mg (34.32%), Calcium: 338.22mg (33.82%), Vitamin B5: 2.5mg (24.95%), Iron: 4.18mg (23.22%), Zinc: 3.28mg (21.87%), Vitamin B3: 4.13mg (20.65%), Vitamin B1: 0.3mg (19.9%), Vitamin A: 969.82IU (19.4%), Vitamin B12: 0.15µg (2.5%)