



Spaghetti with Creamy Broccoli Pesto

READY IN



23 min.

SERVINGS



5

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli chopped
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 cup olive oil
- ☐ 1 cup parmesan grated
- ☐ 5 servings salt and pepper
- ☐ 1 pound pasta like spaghetti

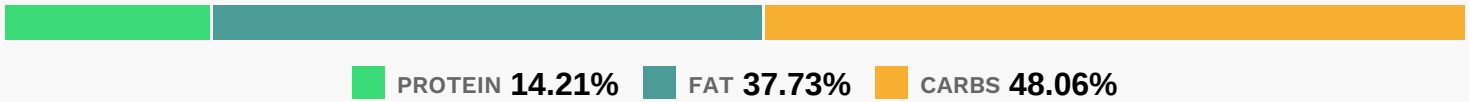
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Add broccoli and cook until soft, 7 to 9 minutes.
- ☐ Remove with a slotted spoon to a food processor.
- ☐ Add spaghetti to pot and cook until al dente, about 10 minutes or as package label directs.
- ☐ Add olive oil and garlic to broccoli and process until smooth.
- ☐ Transfer to a large bowl and stir in heavy cream and Parmesan. Season with salt and pepper.
- ☐ Drain pasta, reserving 1 cup of cooking water.
- ☐ Mix pasta with broccoli pesto, adding pasta water 1 Tbsp. at a time if pesto is too dry.
- ☐ Serve, passing additional Parmesan if desired.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:28.63, Inflammation Score:-8, Nutrition Score:27.700869601706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 623.1kcal (31.15%), Fat: 26.27g (40.41%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 75.28g (25.09%), Net Carbohydrates: 70.01g (25.46%), Sugar: 4.83g (5.36%), Cholesterol: 40.49mg (13.5%), Sodium: 556.31mg (24.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.5%), Vitamin C: 81.25mg (98.49%), Vitamin K: 100.24µg (95.46%), Selenium: 64.9µg (92.72%), Manganese: 1.04mg (51.86%), Phosphorus: 384.85mg (38.49%),

Calcium: 315.51mg (31.55%), Vitamin A: 1071.29IU (21.43%), Fiber: 5.27g (21.1%), Magnesium: 77.75mg (19.44%), Folate: 75.85µg (18.96%), Vitamin E: 2.63mg (17.51%), Vitamin B6: 0.32mg (16.08%), Vitamin B2: 0.27mg (16.02%), Copper: 0.32mg (15.88%), Potassium: 532.54mg (15.22%), Zinc: 2.27mg (15.1%), Iron: 2.1mg (11.68%), Vitamin B3: 2.2mg (10.98%), Vitamin B5: 1.07mg (10.66%), Vitamin B1: 0.16mg (10.65%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.48µg (3.21%)