



Sun-dried Tomato and Broccoli Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 ounces farfalle pasta whole-wheat
- ☐ 2 cups broccoli florets
- ☐ 5 cloves garlic divided finely chopped
- ☐ 1 teaspoon maple syrup pure
- ☐ 1 teaspoon mustard grain-style
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 cup parmesan shredded
- ☐ 0.1 teaspoon pepper red crushed

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds raw
- ☐ 0.5 cup sun-dried tomatoes drained thinly sliced in oil
- ☐ 1 medium onion yellow finely chopped

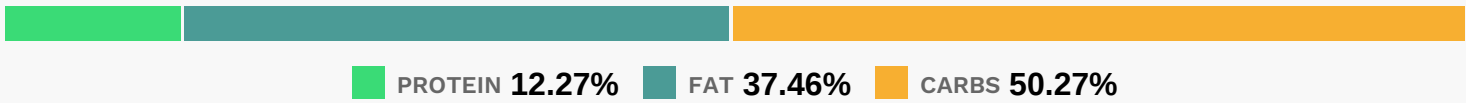
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a bowl, whisk together 2 tablespoonoil, vinegar, syrup, mustard and2 cloves garlic; set aside. Cookpasta as directed on packageuntil al dente; drain, reserving1/2 cup cooking water. In a largeskillet over medium heat, toastalmonds, stirring, 3 minutes; setaside. In same skillet, heatremaining 1 tablespoon oil over mediumheat. Sauté onion, 3 minutes.
- ☐ Addbroccoli and remaining 3 clovesgarlic; cook, stirring occasionally,8 minutes. Reduce heat to low;add tomatoes and vinegar glazeand cook, stirring, 1 minute. Stirin pasta, salt, red pepper andcooking water as needed to reachdesired thickness.
- ☐ Serve toppedwith Parmesan and almonds.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:19.41, Inflammation Score:-7, Nutrition Score:20.505652259873%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg 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: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 437.28kcal (21.86%), Fat: 18.54g (28.52%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 50.73g (18.45%), Sugar: 5.5g (6.11%), Cholesterol: 4.25mg (1.42%), Sodium: 318.33mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin C: 57.79mg (70.05%), Selenium: 40.17µg (57.39%), Vitamin K: 53.15µg (50.62%), Manganese: 0.99mg (49.27%), Phosphorus: 248.16mg (24.82%), Vitamin E: 3.71mg (24.72%), Fiber: 5.26g (21.04%), Magnesium: 76.95mg (19.24%), Copper: 0.35mg (17.37%), Potassium: 607.47mg (17.36%), Vitamin B2: 0.27mg (16.05%), Vitamin B6: 0.3mg (15.03%), Calcium: 149.2mg (14.92%), Folate: 50.88µg (12.72%), Iron: 1.98mg (11.01%), Zinc: 1.59mg (10.62%), Vitamin A: 529.48IU (10.59%), Vitamin B3: 2.09mg (10.44%), Vitamin B1: 0.15mg (10%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.08µg (1.25%)