



WHATSheATE



HEALTH SCORE

100%

The Country Cooking of Italy's Orecchiette with Broccoli Rabe



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



749 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy minced
- ☐ 4 servings pecorino homemade grated toasted for serving
- ☐ 250 grams broccoli rabe finely chopped
- ☐ 120 milliliters olive oil extra virgin extra-virgin
- ☐ 500 grams orecchiette
- ☐ 4 servings bell pepper
- ☐ 4 servings salt

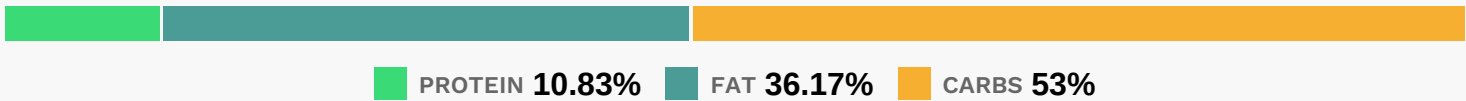
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Put the broccoli rabe into a large pot of salted cold water. Bring the water to a boil over medium-high heat. When it is boiling, raise the heat to high and add the orecchiette. Cook until the pasta is al dente, 8 to 12 minutes.
- ☐ Meanwhile, heat together the oil and anchovy fillets in a small pan over medium heat.
- ☐ When the pasta is ready, drain it and the greens and transfer them to a warmed serving bowl.
- ☐ Pour the anchovy oil over the top and season generously with pepper; if necessary, add a little salt. Pass the cheese at the table.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:38.5, Inflammation Score:-10, Nutrition Score:33.976956551895%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 748.59kcal (37.43%), Fat: 30.23g (46.5%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 99.64g (33.21%), Net Carbohydrates: 92.39g (33.6%), Sugar: 6.71g (7.45%), Cholesterol: 4.11mg (1.37%), Sodium: 232.52mg (10.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.7%), Vitamin K: 160.28µg (152.65%), Vitamin C: 107.99mg (130.89%), Selenium: 82.04µg (117.19%), Vitamin A: 3978.79IU (79.58%), Manganese: 1.48mg (74.07%), Vitamin E: 6.31mg (42.04%), Phosphorus: 313.27mg (31.33%), Fiber: 7.25g (29.01%), Folate: 109.31µg (27.33%), Vitamin B6: 0.51mg (25.51%), Magnesium: 91.51mg (22.88%), Vitamin B3: 4.46mg (22.3%), Copper: 0.41mg (20.66%), Iron: 3.64mg (20.2%), Vitamin B1: 0.26mg (17.16%), Zinc: 2.55mg (16.97%), Potassium: 582.79mg (16.65%), Vitamin B2: 0.24mg (13.9%), Calcium: 110.25mg (11.02%), Vitamin B5: 1.02mg (10.17%)