



 **51%**
HEALTH SCORE

Whole-Wheat Penne with Broccoli and Chickpeas

READY IN



26 min.

SERVINGS



6

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli cut into florets, stems discarded
- 15 oz chickpeas drained and rinsed canned
- 0.5 teaspoon pepper red crushed
- 4 cloves garlic chopped
- 0.3 cup juice of lemon fresh (from 2 small lemons)
- 0.3 cup olive oil
- 0.5 cup parmesan grated
- 6 servings salt

12 ounces penne pasta whole-wheat

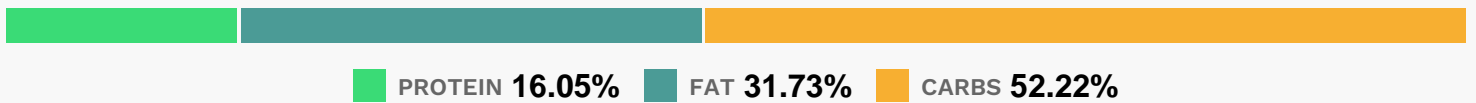
Equipment

- bowl
- frying pan
- pot
- slotted spoon

Directions

- Bring a pot of salted water to boil.
- Add broccoli; cook until just tender, 3 minutes. Scoop out broccoli with a slotted spoon; transfer to a bowl.
- Add pasta and cook until tender, about 10 minutes.
- Warm oil in a large skillet over medium-high heat.
- Add garlic and crushed red pepper; saut until fragrant, about 1 minute.
- Add chickpeas, reserved broccoli and 1/2 tsp. salt and cook, stirring, until heated through.
- Drain pasta, reserving 1/2 cup of cooking liquid. Return pasta to pot and stir in chickpea and broccoli mixture and lemon juice. Stir in reserved cooking liquid, 1 Tbsp. at a time, until pasta is lightly moistened. Spoon pasta into bowls, sprinkle with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:21.154347882323%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg, Kaempferol: 7.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 404.11kcal (20.21%), Fat: 14.39g (22.13%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 43.3g (15.75%), Sugar: 3.27g (3.63%), Cholesterol: 5.67mg (1.89%), Sodium: 561.11mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.74%), Vitamin C: 95.02mg (115.18%), Vitamin K: 109.13µg (103.93%), Manganese: 0.83mg (41.61%), Fiber: 9.97g (39.86%), Vitamin B6: 0.55mg (27.66%), Folate: 84.28µg (21.07%), Phosphorus: 185.79mg (18.58%), Calcium: 176.09mg (17.61%), Vitamin A: 757.23IU (15.14%), Vitamin E: 2.19mg (14.57%), Potassium: 451.81mg (12.91%), Magnesium: 45.45mg (11.36%), Iron: 1.8mg (10.02%), Vitamin B2: 0.16mg (9.54%), Selenium: 6.15µg (8.79%), Vitamin B5: 0.86mg (8.57%), Copper: 0.17mg (8.51%), Zinc: 1.17mg (7.8%), Vitamin B1: 0.1mg (6.98%), Vitamin B3: 0.8mg (4.02%), Vitamin B12: 0.1µg (1.67%)