



HEALTH SCORE

100%

Whole-Wheat Spaghetti with Broccoli, Chickpeas, and Garlic



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 ounce broccoli frozen thawed chopped (not)
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 0.3 cup garlic clove chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin for drizzling
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 0.8 teaspoon salt
- ☐ 0.5 pound spaghetti whole-wheat

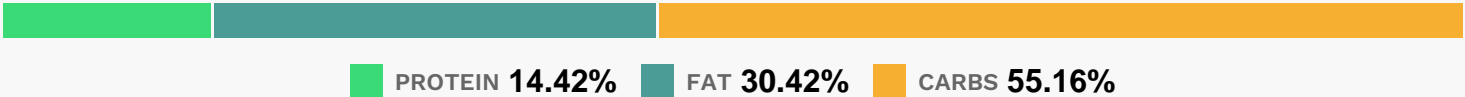
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook garlic and red pepper flakes in oil in a 12-inch heavy skillet over moderate heat, stirring, until garlic is golden, about 1 minute.
- ☐ Add broccoli and salt and cook, breaking up frozen chunks and stirring occasionally, until broccoli is thawed and crisp-tender, 5 to 7 minutes. Stir in chickpeas and cook until heated through.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1/2 cup pasta cooking water, then drain pasta in a colander.
- ☐ Add pasta and reserved cooking water to broccoli and chickpeas in skillet and cook over moderate heat, tossing, until combined well.
- ☐ Serve drizzled with additional olive oil.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:6.52, Inflammation Score:-9, Nutrition Score:34.289565086365%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 11.14mg, Kaempferol: 11.14mg, Kaempferol: 11.14mg, Kaempferol: 11.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 471.77kcal (23.59%), Fat: 16.97g (26.11%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 69.23g (23.08%), Net Carbohydrates: 60.6g (22.04%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 788.7mg (34.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.19%), Vitamin C: 129.2mg (156.6%), Manganese:

3.05mg (152.35%), Vitamin K: 153.12µg (145.83%), Selenium: 48.32µg (69.03%), Vitamin B6: 0.99mg (49.4%), Folate: 148.52µg (37.13%), Magnesium: 142.06mg (35.51%), Fiber: 8.63g (34.51%), Phosphorus: 338.64mg (33.86%), Vitamin B1: 0.43mg (28.6%), Iron: 4.67mg (25.93%), Copper: 0.52mg (25.89%), Potassium: 762.1mg (21.77%), Vitamin E: 3.15mg (21.01%), Vitamin B3: 4.04mg (20.21%), Vitamin A: 973.92IU (19.48%), Zinc: 2.77mg (18.46%), Vitamin B5: 1.74mg (17.41%), Vitamin B2: 0.27mg (16.15%), Calcium: 143.12mg (14.31%)