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One Dish Broccoli Rotini

A delicious and easy-to-make pasta dish that combines rotini pasta with fresh broccoli. Perfect for a quick weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Rotini Pasta
250 g	broccoli
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt
1 tsp	black pepper

50 g parmesan cheese

Directions

Step 1

Boiling

Cook the rotini pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add broccoli to the skillet and cook until tender-crisp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

Add cooked pasta to the skillet and toss to combine. Season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot, garnished with Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Cuisines

Italian

Course

Salads

Cultural

Chinese New Year

Hanukkah

Cost

\$40 to \$50

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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