

# Authentic Cavatelli and Broccoli

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cavatelli-from-southern-italy-recipe>

## Ingredients:

- 500 grams cavatelli
- 3 cups broccoli divided into small florets
- 1 1/2 cups chicken broth
- 3 cloves garlic minced
- 4 tablespoons extra-virgin olive oil
- Pecorino Romano cheese freshly grated
- 1/2 teaspoon red pepper flakes
- salt
- pepper

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 82 grams
3. Fat: 14 grams
4. Fiber: 5 grams
5. Protein: 16 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 200 milligrams
8. Sugar: 4 grams

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