



WHATSheATE



Al's Quick Vegetarian Spaghetti



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup broccoli florets



16 ounce tomato sauce canned



1 cup carrots sliced



1 cup mushrooms fresh sliced



1 pound pasta like spaghetti uncooked



15 ounce kernel corn whole drained canned

Equipment

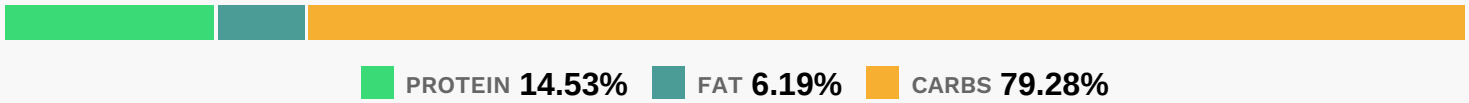


pot

Directions

- ☐ Bring a large pot of salted water to boil, add spaghetti and return water to a boil. Cook until spaghetti is al dente; drain well.
- ☐ Combine broccoli, corn, mushrooms, carrots and tomato sauce in large sauce pot. Cook on medium heat for 15 to 20 minutes or until vegetables are tender. Stir occasionally to keep sauce from sticking.
- ☐ Serve sauce over spaghetti.

Nutrition Facts



Properties

Glycemic Index:24.73, Glycemic Load:18.73, Inflammation Score:-9, Nutrition Score:14.62130439735%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 276.36kcal (13.82%), Fat: 1.91g (2.93%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 51.42g (18.7%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 374.19mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.15%), Vitamin A: 2989.33IU (59.79%), Selenium: 37.59µg (53.7%), Manganese: 0.66mg (33.14%), Vitamin C: 16.22mg (19.65%), Phosphorus: 167.69mg (16.77%), Copper: 0.3mg (14.82%), Vitamin K: 15.36µg (14.63%), Fiber: 3.53g (14.11%), Potassium: 481.8mg (13.77%), Vitamin B3: 2.6mg (13.02%), Magnesium: 49.79mg (12.45%), Folate: 42.97µg (10.74%), Vitamin B6: 0.19mg (9.53%), Iron: 1.59mg (8.83%), Vitamin B2: 0.15mg (8.8%), Zinc: 1.22mg (8.14%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.71mg (7.08%), Vitamin B1: 0.1mg (6.73%), Calcium: 31.89mg (3.19%)