



Angel's Pasta

READY IN



25 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces angel hair pasta
- 12 leaves basil fresh
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- 1 tablespoon garlic crushed
- 1 tablespoon olive oil
- 6 servings salt and pepper to taste
- 4 ounces mozzarella cheese shredded
- 3 tomatoes chopped
- 2 zucchini sliced

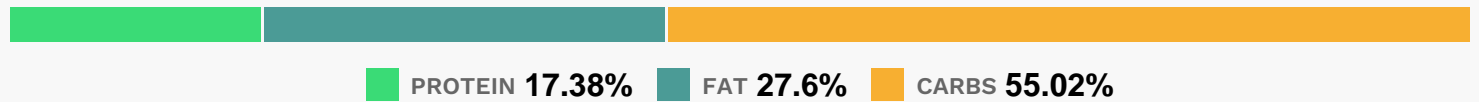
Equipment

- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Meanwhile, heat a medium skillet over medium heat.
- Pour in oil and saute garlic until golden. Stir in zucchini, salt and pepper.
- Saute 2 minutes, then mix in tomato and cook a few minutes more. Chop basil and add to vegetables right before mixing with pasta.
- Combine pasta and vegetables.
- Serve topped with mozzarella.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:12.43, Inflammation Score:-7, Nutrition Score:12.073913138846%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 242.18kcal (12.11%), Fat: 7.48g (11.51%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 30.9g (11.24%), Sugar: 4.47g (4.97%), Cholesterol: 14.93mg (4.98%), Sodium: 323.21mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Selenium: 27.43µg (39.18%), Manganese: 0.58mg (29.19%), Vitamin C: 20.9mg (25.33%), Phosphorus: 181.09mg (18.11%), Vitamin A: 876.34IU (17.53%), Vitamin K: 17.87µg (17.02%), Calcium: 126.08mg (12.61%), Potassium: 426.24mg (12.18%), Vitamin B6: 0.24mg (11.8%), Magnesium: 43.96mg (10.99%), Fiber: 2.66g (10.64%), Copper: 0.19mg (9.7%), Zinc: 1.43mg (9.54%), Vitamin B2: 0.15mg (8.96%), Folate: 34.43µg (8.61%), Vitamin B12: 0.43µg (7.18%), Vitamin B3: 1.35mg (6.75%), Vitamin B1: 0.1mg

(6.35%), Iron: 1.08mg (6.02%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.39mg (3.9%)