



BOCA Bolognese Pasta

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 oz canned tomatoes diced undrained canned
- 0.3 cup basil fresh chopped
- 3 cups fusilli pasta uncooked
- 3 cloves garlic minced
- 1 Tbsp olive oil
- 6 oz tomato paste canned
- 2 cups boca veggie ground crumbles frozen
- 0.5 cup water

1 cup zucchini chopped

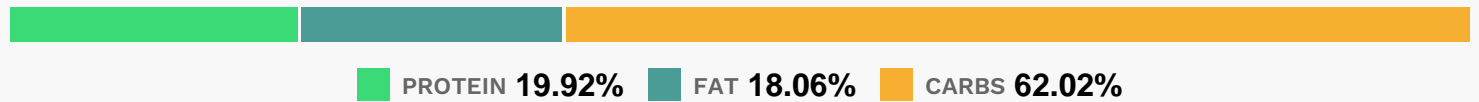
Equipment

sauce pan

Directions

- Cook and stir crumbles and garlic in hot oil in large saucepan on medium heat 4 to 5 min. or until heated through.
- Stir in all remaining ingredients except pasta; cook 10 min. or until crumbles are heated through (160F), stirring occasionally.
- Meanwhile, cook pasta as directed on package; drain.
- Place on platter; top with sauce.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:3.6695652215377%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 49.88kcal (2.49%), Fat: 1.03g (1.59%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 6.92g (2.52%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 83.58mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin B12: 0.55µg (9.08%), Vitamin B1: 0.11mg (7.31%), Selenium: 4.68µg (6.69%), Vitamin B3: 1.22mg (6.11%), Manganese: 0.12mg (6.07%), Vitamin B6: 0.12mg (6.06%), Vitamin C: 4.64mg (5.62%), Iron: 0.87mg (4.83%), Fiber: 1.05g (4.19%), Phosphorus: 37.63mg (3.76%), Potassium: 123.43mg (3.53%), Copper: 0.06mg (3.04%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.54%), Magnesium: 9.9mg (2.48%), Zinc: 0.26mg (1.73%), Calcium: 15.83mg (1.58%), Vitamin A: 78.61IU (1.57%), Folate: 6.14µg (1.53%)