



HEALTH SCORE

67%

Burst Tomato and Herb Spaghetti



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup basil fresh coarsely chopped
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 3 garlic clove sliced
- ☐ 3 pt grape tomatoes
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil divided
- ☐ 4 servings parmesan shaved

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 8 oz pasta like spaghetti
- ☐ 2 medium zucchini chopped

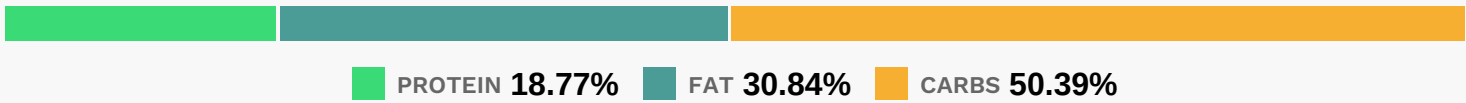
Equipment

- ☐ frying pan

Directions

- ☐ Saut zucchini in 1 Tbsp. hot oil in a large skillet over medium-high heat 5 minutes or until zucchini begins to brown.
- ☐ Add garlic, red pepper, and 1/4 tsp. kosher salt; cook, stirring often, 4 to 5 minutes or until garlic begins to brown.
- ☐ Remove from skillet.
- ☐ Add tomatoes, black pepper, and remaining 1 Tbsp. oil and 3/4 tsp. kosher salt to skillet; cook, stirring occasionally, 2 minutes. Cover, reduce heat to medium, and cook, stirring occasionally, 10 minutes or until tomatoes begin to burst.
- ☐ Cook pasta according to package directions; drain, reserving 1/4 cup hot pasta water.
- ☐ Add pasta, hot pasta water, and zucchini mixture to skillet along with basil and parsley; toss. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:21.54, Inflammation Score:-10, Nutrition Score:33.903478166331%

Flavonoids

Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 477.43kcal (23.87%), Fat: 16.73g (25.74%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 61.52g (20.51%), Net Carbohydrates: 54.09g (19.67%), Sugar: 13.62g (15.13%), Cholesterol: 20.4mg (6.8%), Sodium: 1095.92mg (47.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.83%), Vitamin K: 124.01µg (118.1%), Vitamin C: 72.93mg (88.4%), Vitamin A: 4057.5IU (81.15%), Manganese: 1.25mg (62.6%), Selenium: 43.16µg (61.66%), Phosphorus: 447.52mg (44.75%), Calcium: 440.09mg (44.01%), Potassium: 1304.34mg (37.27%), Vitamin B6: 0.6mg (29.77%), Fiber: 7.43g (29.71%), Magnesium: 106.83mg (26.71%), Folate: 98.98µg (24.75%), Copper: 0.48mg (23.76%), Vitamin E: 3.3mg (21.99%), Vitamin B3: 3.73mg (18.66%), Vitamin B2: 0.31mg (17.97%), Zinc: 2.67mg (17.77%), Vitamin B1: 0.25mg (16.57%), Iron: 2.85mg (15.86%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.36µg (6%)