



 **100%**
HEALTH SCORE

Campanelle with Summer Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups asparagus sliced (1-inch) (1 pound)
- 4 cups broccoli florets
- 4 ounces feta plain with peppercorns, or crumbled
- 1 tablespoon juice of lemon
- 1 teaspoon lemon rind fresh grated
- 0.5 teaspoon oregano dried
- 8 ounces campanelle pasta) (bellflower-shaped
- 1 cup peas green frozen

- 1 teaspoon salt
- 1 pound zucchini halved thinly sliced

Equipment

- bowl
- sauce pan
- colander

Directions

- Bring a large saucepan of water to a boil. Cook pasta for 3 minutes.
- Add broccoli and asparagus; cook 2 minutes.
- Add zucchini and peas; cook 2 minutes.
- Drain pasta and vegetables using a colander over a bowl, reserving 1/4 cup pasta water.
- Place feta in a large bowl.
- Pour 1/4 cup cooking liquid over cheese and stir until cheese is slightly melted.
- Add pasta mixture and remaining ingredients; toss well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:23.84, Inflammation Score:-10, Nutrition Score:37.27695597773%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Nutrients (% of daily need)

Calories: 376.21kcal (18.81%), Fat: 2.73g (4.19%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 78.37g (26.12%), Net Carbohydrates: 62.24g (22.63%), Sugar: 9.52g (10.58%), Cholesterol: 0mg (0%), Sodium: 632.83mg (27.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Manganese: 4.8mg (239.8%), Vitamin K: 182.58µg (173.88%), Vitamin C: 121.82mg (147.67%), Fiber: 16.13g (64.52%), Selenium: 41.94µg (59.91%), Copper: 0.84mg (41.96%), Folate: 159.38µg (39.85%), Potassium: 1318.46mg (37.67%), Iron: 6.64mg (36.91%), Magnesium: 140.38mg (35.1%), Vitamin A: 1737.36IU (34.75%), Phosphorus: 329.82mg (32.98%), Vitamin B6: 0.63mg (31.73%), Vitamin B1: 0.39mg (26.08%), Vitamin B2: 0.44mg (26.04%), Calcium: 228.8mg (22.88%), Vitamin B3: 3.81mg (19.05%), Zinc: 2.7mg (17.97%), Vitamin B5: 1.62mg (16.24%), Vitamin E: 2.06mg (13.73%)