



WHATSheATE



Chunky Vegetable Spaghetti

READY IN



25 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz pasta like spaghetti
- ☐ 2 tablespoons vegetable oil
- ☐ 2 medium zucchini cut into 1/2-inch slices (2 cups)
- ☐ 1 cup carrots thinly sliced
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup onion diced
- ☐ 2 cloves garlic finely chopped
- ☐ 2 medium tomatoes seeded cut into 1-inch pieces
- ☐ 7 oz roasted peppers red drained coarsely chopped

- ☐ 2 cups pasta sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup basil dried fresh chopped
- ☐ 1 serving parmesan cheese shredded grated

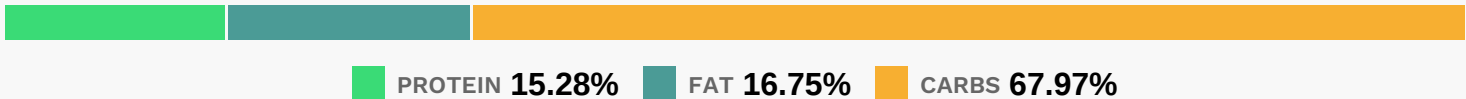
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat.
- ☐ Add zucchini, carrots, mushrooms, onions and garlic; cook 5 to 7 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Stir in remaining ingredients except basil and cheese. Cook 3 to 5 minutes, stirring occasionally, until hot. Stir in basil.
- ☐ Serve sauce over spaghetti.
- ☐ Sprinkle with cheese. Makes about 5 1/2 cups sauce.

Nutrition Facts



Properties

Glycemic Index:51.31, Glycemic Load:25.89, Inflammation Score:-10, Nutrition Score:36.922608681347%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 427.9kcal (21.4%), Fat: 8.24g (12.67%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 75.22g (25.07%),
Net Carbohydrates: 65.3g (23.74%), Sugar: 9.71g (10.79%), Cholesterol: 4.35mg (1.45%), Sodium: 1156.72mg
(50.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Vitamin K: 188.87µg (179.87%),
Manganese: 2.05mg (102.47%), Vitamin A: 4679.15IU (93.58%), Selenium: 52.27µg (74.67%), Iron: 11.46mg (63.66%),
Vitamin C: 41.38mg (50.16%), Fiber: 9.93g (39.72%), Magnesium: 149.8mg (37.45%), Copper: 0.69mg (34.66%),
Calcium: 333.32mg (33.33%), Potassium: 1139.35mg (32.55%), Vitamin B6: 0.6mg (29.82%), Phosphorus: 291.68mg
(29.17%), Vitamin B2: 0.39mg (23.22%), Folate: 88.29µg (22.07%), Vitamin E: 3.16mg (21.05%), Vitamin B3: 4.11mg
(20.56%), Zinc: 2.67mg (17.8%), Vitamin B1: 0.19mg (12.33%), Vitamin B5: 1.18mg (11.81%), Vitamin B12: 0.07µg (1.23%)