



Chunky Vegetables with Fusilli

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 16 oz rotini pasta
- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon capers
- ☐ 3 cloves garlic finely chopped
- ☐ 56 oz canned tomatoes whole with basil, drained, chopped organic peeled canned
- ☐ 1 small to 5 chilies red seeded chopped
- ☐ 0.5 cup olives black italian sliced
- ☐ 0.5 cup olive green sliced

- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 serving pepper freshly ground

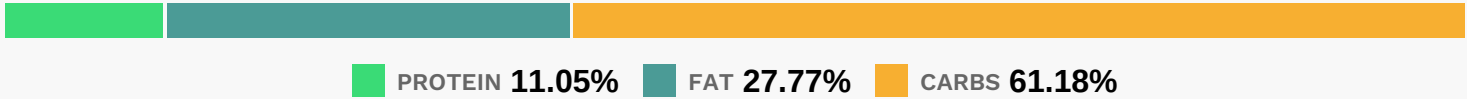
Equipment

- ☐ dutch oven

Directions

- ☐ In 6-quart Dutch oven, cook pasta as directed on package; drain and set aside.
- ☐ In Dutch oven, heat oil over medium-high heat.
- ☐ Add capers and garlic; cook, stirring frequently, until garlic is golden. Stir in tomatoes and chili.
- ☐ Heat to boiling. Reduce heat; cover and simmer 20 minutes, stirring occasionally.
- ☐ Stir in pasta, olives, oregano and basil. Cover; simmer 10 minutes.
- ☐ Serve with pepper.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:23.09, Inflammation Score:-9, Nutrition Score:21.193913148797%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 447.72kcal (22.39%), Fat: 14.13g (21.73%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 70.02g (23.34%), Net Carbohydrates: 63.42g (23.06%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 772.48mg (33.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Selenium: 48.57µg (69.39%), Manganese: 1.05mg (52.31%), Vitamin C: 35.93mg (43.56%), Vitamin K: 42.81µg (40.77%), Fiber: 6.6g (26.42%), Iron: 4.69mg (26.07%), Vitamin E: 3.77mg (25.14%), Vitamin B6: 0.48mg (24.13%), Copper: 0.47mg (23.33%), Potassium: 734.43mg (20.98%), Magnesium: 81.21mg (20.3%), Phosphorus: 202.79mg (20.28%), Vitamin B3: 3.41mg (17.03%),

Calcium: 142.21mg (14.22%), Vitamin B1: 0.2mg (13.5%), Vitamin B2: 0.21mg (12.64%), Folate: 41.57µg (10.39%), Zinc: 1.56mg (10.38%), Vitamin A: 490.6IU (9.81%), Vitamin B5: 0.68mg (6.81%)