



Courgette & lemon linguine



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta
- ☐ 3 zucchini grated
- ☐ 3 tbsp olive oil
- ☐ 1 garlic clove finely chopped
- ☐ 1 lemon zest
- ☐ 1 large pinch pepper flakes crushed
- ☐ 1 handful basil

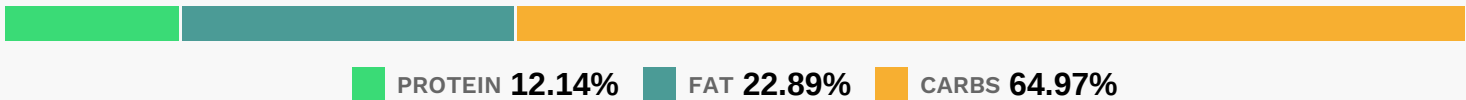
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Cook the linguine following the pack instructions, then drain quickly so some cooking water is still clinging to the strands.
- ☐ Tip back into the cooking pan with the grated courgettes, olive oil, garlic, lemon zest, chillies and most of the basil. Season generously, then use tongs to toss everything together. Scatter with remaining basil leaves and add an extra drizzle of oil, if you like.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:30.56, Inflammation Score:-6, Nutrition Score:18.353043307429%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 490.85kcal (24.54%), Fat: 12.49g (19.22%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 74.91g (27.24%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 18.23mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.82%), Selenium: 63.61µg (90.88%), Manganese: 1.2mg (59.8%), Vitamin C: 28.93mg (35.07%), Phosphorus: 246.57mg (24.66%), Magnesium: 80.25mg (20.06%), Vitamin B6: 0.4mg (19.78%), Fiber: 4.86g (19.43%), Copper: 0.37mg (18.64%), Potassium: 614.46mg (17.56%), Vitamin K: 14.86µg (14.16%), Folate: 53.9µg (13.47%), Zinc: 1.9mg (12.65%), Vitamin E: 1.81mg (12.06%), Vitamin B3: 2.38mg (11.91%), Vitamin B2: 0.2mg (11.81%), Iron: 1.95mg (10.81%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 0.74mg (7.42%), Vitamin A: 323.57IU (6.47%), Calcium: 48.91mg (4.89%)