



HEALTH SCORE

74%

Dinner Tonight: Pasta con la Verdura



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



810 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound broccoli cut into florets
- ☐ 2 tablespoons butter
- ☐ 1 cup fontina grated
- ☐ 1 large onion finely chopped
- ☐ 3 medium potatoes cubed
- ☐ 4 servings salt
- ☐ 1 pound pkt spinach
- ☐ 1 pound penne pasta

☐ 2 large zucchini cut into 1 inch pieces

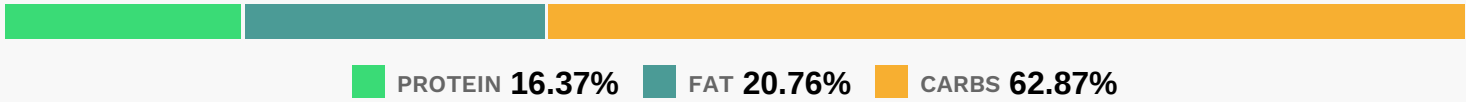
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Bring a large pan of water to boil.
- ☐ Add the potatoes and cook for 10 minutes. Then add the broccoli, zucchini, and the spinach. Cook for a few minutes. Toss in the pasta and cook until the pasta is according to what its packaging says, about 10 minutes.
- ☐ Meanwhile, melt the butter in a large saute pan over medium heat.
- ☐ Add the chopped onion and cook until translucent.
- ☐ Drain the large pot into a colander.
- ☐ Add half of the potato, pasta mixture into a large oven proof dish.
- ☐ Sprinkle half the onion mixture and half the grated cheese. Repeat step with the rest of the ingredients.
- ☐ Place the dish in the oven and cook for 5 minutes. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:57.15, Inflammation Score:-10, Nutrition Score:51.43913059131%

Flavonoids

Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 13.2mg, Kaempferol: 13.2mg, Kaempferol: 13.2mg,

Kaempferol: 13.2mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg

Nutrients (% of daily need)

Calories: 810.09kcal (40.5%), Fat: 19g (29.23%), Saturated Fat: 10.58g (66.11%), Carbohydrates: 129.5g (43.17%), Net Carbohydrates: 116.14g (42.23%), Sugar: 11.86g (13.17%), Cholesterol: 53.33mg (17.78%), Sodium: 641.9mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.46%), Vitamin K: 617.14µg (587.75%), Vitamin A: 11789.74IU (235.79%), Vitamin C: 145.59mg (176.48%), Manganese: 2.76mg (137.99%), Selenium: 80.06µg (114.38%), Folate: 349.76µg (87.44%), Vitamin B6: 1.29mg (64.42%), Potassium: 2236.46mg (63.9%), Magnesium: 235.92mg (58.98%), Phosphorus: 586.47mg (58.65%), Fiber: 13.36g (53.46%), Calcium: 399.66mg (39.97%), Copper: 0.78mg (39.2%), Iron: 6.96mg (38.68%), Vitamin B2: 0.63mg (37.14%), Zinc: 4.64mg (30.92%), Vitamin B1: 0.46mg (30.38%), Vitamin B3: 5.62mg (28.1%), Vitamin E: 3.34mg (22.25%), Vitamin B5: 1.89mg (18.85%), Vitamin B12: 0.57µg (9.44%), Vitamin D: 0.2µg (1.32%)