



 **40%**
HEALTH SCORE

Easy, Peazy Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces farfalle pasta (or other small pasta shape)
- 1 tablespoon parsley fresh chopped
- 1 garlic clove crushed
- 1 cup mushrooms chopped
- 1 cup mushrooms chopped
- 2 tablespoons olive oil
- 0.5 onion chopped
- 0.5 bell pepper red chopped

- 4 servings salt and pepper to taste
- 1 cup sugar snap peas green frozen sliced

Equipment

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:17.92, Inflammation Score:-7, Nutrition Score:15.410434782609%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 303.93kcal (15.2%), Fat: 8.14g (12.52%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.72g (16.26%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 202.54mg (8.81%), Protein: 9.94g (19.88%), Selenium: 40.66µg (58.09%), Vitamin C: 37.33mg (45.25%), Manganese: 0.65mg (32.57%), Vitamin K: 27.59µg (26.28%), Copper: 0.35mg (17.38%), Phosphorus: 171.01mg (17.1%), Vitamin A: 816.63IU (16.33%), Vitamin B2: 0.26mg (15.57%), Vitamin B3: 3.02mg (15.12%), Fiber: 3.53g (14.1%), Vitamin B5: 1.22mg (12.19%), Vitamin B6: 0.24mg (11.98%), Potassium: 388.2mg (11.09%), Magnesium: 44.1mg (11.03%), Folate: 39.65µg (9.91%), Vitamin B1: 0.14mg (9.56%), Vitamin E: 1.42mg (9.44%), Iron: 1.7mg (9.42%), Zinc: 1.2mg (7.97%), Calcium: 31.01mg (3.1%)