

 57%
HEALTH SCORE

Fall Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces bow-tie pasta whole-wheat
- ☐ 5 cups fall vegetables such as carrots peeled chopped
- ☐ 1 clove garlic chopped
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 4 servings parmesan grated
- ☐ 0.3 cup parsley chopped
- ☐ 1 cup vegetable broth low-sodium

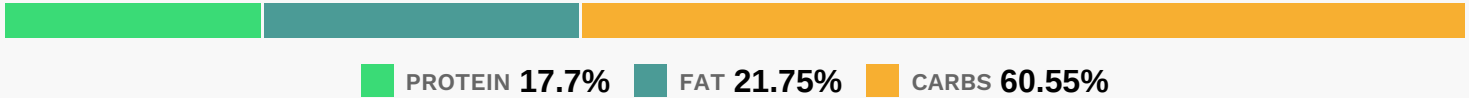
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Warm olive oil in large nonstick skillet over medium heat.
- ☐ Add chopped vegetables; saut for 8 minutes.
- ☐ Add garlic; saut 1 minute longer.
- ☐ Pour in vegetable broth. Cover, reduce heat to low and simmer until vegetables are tender.
- ☐ Transfer to a bowl. Boil pasta in a pot of salted water until al dente. Reserve 1 cup cooking liquid; drain pasta, then add to vegetables.
- ☐ Sprinkle with chopped parsley and lemon zest, and toss to coat (add cooking liquid 1 Tbsp. at a time if pasta is dry). Top with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:30.98, Inflammation Score:-10, Nutrition Score:28.104347602181%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 536.24kcal (26.81%), Fat: 12.95g (19.93%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 73.48g (26.72%), Sugar: 10.42g (11.57%), Cholesterol: 20.4mg (6.8%), Sodium: 598.45mg (26.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Vitamin A: 27280.24IU (545.6%), Selenium: 60.78µg (86.82%), Vitamin K: 85.33µg (81.27%), Manganese: 1.03mg (51.66%), Calcium: 433.43mg (43.34%), Phosphorus: 428.35mg (42.84%), Fiber: 7.67g (30.69%), Potassium: 754.28mg (21.55%), Magnesium:

79.65mg (19.91%), Vitamin B6: 0.38mg (19.14%), Vitamin C: 15.63mg (18.94%), Copper: 0.34mg (16.8%), Zinc: 2.46mg (16.39%), Vitamin B3: 3.16mg (15.79%), Vitamin B2: 0.25mg (14.62%), Folate: 53.63µg (13.41%), Vitamin B1: 0.2mg (13.27%), Iron: 2.1mg (11.68%), Vitamin E: 1.75mg (11.67%), Vitamin B5: 0.96mg (9.61%), Vitamin B12: 0.36µg (6%)