



 **20%**
HEALTH SCORE

Fettuccine With Spicy Zucchini-Tomato Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper red crushed
- 1 pound fettuccine barilla
- 16 ounce tomatoes
- 1 tablespoon olive oil
- 2 medium zucchini halved lengthwise sliced

Equipment

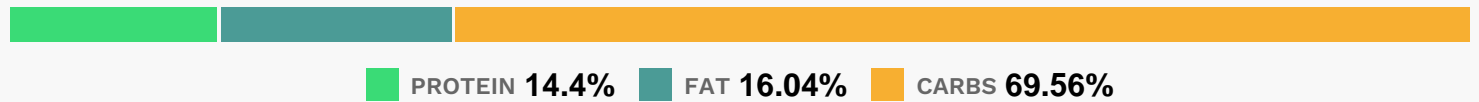
- bowl
- frying pan

pot

Directions

- Cook pasta according to package directions in salted water; reserve 1/4 cup pasta water.
- Drain pasta and return to pot.
- While pasta cooks, heat oil in a large skillet over medium-high heat.
- Add zucchini; cook, tossing occasionally, until browned and crisp-tender (5-8 minutes).
- Add crushed red pepper, marinara, and reserved pasta water; simmer, partially covered, until pasta sauce is thick (about 5 minutes). Toss pasta with sauce and divide among 4 bowls.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:36.17, Inflammation Score:-8, Nutrition Score:23.540869339653%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 510.97kcal (25.55%), Fat: 9.22g (14.19%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 90.01g (30%), Net Carbohydrates: 83.5g (30.36%), Sugar: 8.64g (9.6%), Cholesterol: 95.25mg (31.75%), Sodium: 573.33mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.27%), Selenium: 90.29µg (128.98%), Manganese: 1.27mg (63.43%), Phosphorus: 341.9mg (34.19%), Vitamin C: 25.48mg (30.89%), Copper: 0.52mg (26.08%), Vitamin B6: 0.52mg (26.05%), Fiber: 6.51g (26.04%), Magnesium: 100.79mg (25.2%), Potassium: 874.17mg (24.98%), Iron: 3.67mg (20.38%), Vitamin B3: 3.98mg (19.88%), Vitamin E: 2.77mg (18.46%), Zinc: 2.75mg (18.34%), Vitamin B1: 0.26mg (17.65%), Folate: 66.68µg (16.67%), Vitamin A: 831.45IU (16.63%), Vitamin B2: 0.27mg (15.9%), Vitamin B5: 1.59mg (15.87%), Vitamin K: 10.33µg (9.84%), Calcium: 72.11mg (7.21%), Vitamin B12: 0.33µg (5.48%), Vitamin D: 0.34µg (2.27%)