



Fettuccini with Garden Vegetables and Greens

READY IN



35 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 handful a basil leaves shredded generous
- ☐ 4 servings pepper black freshly ground
- ☐ 12 ounces fettuccini
- ☐ 2 cloves garlic sliced chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion very thinly sliced
- ☐ 0.5 cup pecorino grated plus more for serving
- ☐ 1 small bell pepper red ends trimmed seeded thinly sliced
- ☐ 8 leaves leaf lettuce shredded green red

- ☐ 4 servings salt
- ☐ 2 medium zucchini
- ☐ 2 small to 3 firm peeled cut into batons japanese eggplant may be substituted

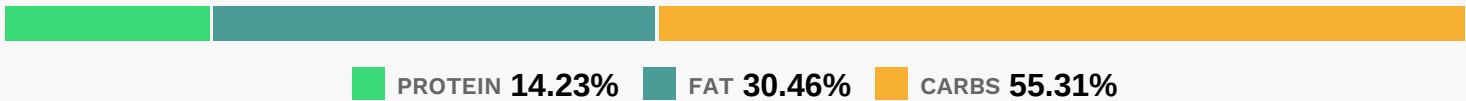
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of water to boil over medium heat. When boiling, salt the water and add the pasta. Cook until just shy of al dente.
- ☐ Meanwhile, heat 2 tablespoons extra-virgin olive oil, 2 turns of the pan, in large skillet over medium heat.
- ☐ Add the onions, garlic and vegetables as you chop them, the zucchini, eggplant and red pepper. Season vegetables with salt and cover, cook until tender, about 10 to 12 minutes.
- ☐ Just before draining the pasta, add about 1 cup starchy cooking liquid to the vegetables.
- ☐ Drain the pasta and add to the vegetables, tossing to combine. Stir in the basil and the cheese and a little black pepper, to taste.
- ☐ Transfer the pasta to a serving bowl and top with the shredded lettuce.
- ☐ Serve with an extra sprinkle of cheese and drizzle with the remaining 1 tablespoon of extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:27.59, Inflammation Score:-10, Nutrition Score:30.437391592109%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 531.52kcal (26.58%), Fat: 18.32g (28.19%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 74.85g (24.95%), Net Carbohydrates: 66.62g (24.23%), Sugar: 9.83g (10.92%), Cholesterol: 84.44mg (28.15%), Sodium: 382.2mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Selenium: 70.2µg (100.29%), Vitamin A: 3480.52IU (69.61%), Manganese: 1.32mg (66.08%), Vitamin K: 66.03µg (62.89%), Vitamin C: 46.82mg (56.75%), Phosphorus: 386.46mg (38.65%), Fiber: 8.23g (32.93%), Vitamin B6: 0.58mg (28.87%), Potassium: 869.95mg (24.86%), Folate: 98.4µg (24.6%), Magnesium: 96.83mg (24.21%), Copper: 0.43mg (21.36%), Calcium: 209.43mg (20.94%), Vitamin B1: 0.28mg (18.7%), Vitamin B2: 0.31mg (17.97%), Vitamin E: 2.67mg (17.77%), Zinc: 2.62mg (17.45%), Iron: 2.97mg (16.5%), Vitamin B3: 3.3mg (16.49%), Vitamin B5: 1.49mg (14.87%), Vitamin B12: 0.39µg (6.44%), Vitamin D: 0.32µg (2.12%)