



 **26%**
HEALTH SCORE

Grilled Vegetable Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces penne rigate cooked
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 2 garlic clove minced
- 2 tablespoons olive oil
- 1 onion cut into slices
- 0.5 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt

- 4 tomatoes cut into 1-inch slices
- 1 to 3 sized squashes yellow cut in half lengthwise
- 1 zucchini cut in half lengthwise

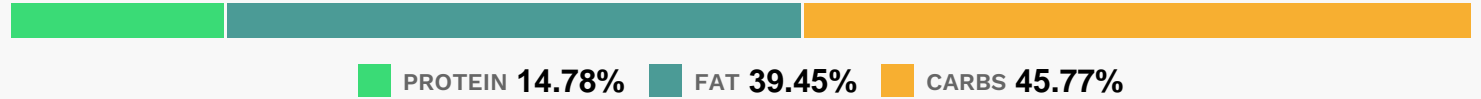
Equipment

- bowl
- grill

Directions

- Toss together first 8 ingredients in a large bowl.
- Grill vegetables, covered with grill lid, over medium-high heat (350 to 400), turning occasionally, 6 minutes or until they are tender.
- Cut zucchini and squash halves into thin slices, and place in a large bowl.
- Add remaining grilled vegetables, pasta, and basil, tossing gently; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:90.63, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:15.495652111976%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 256.64kcal (12.83%), Fat: 11.58g (17.81%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 26.12g (9.5%), Sugar: 7.05g (7.84%), Cholesterol: 10.88mg (3.63%), Sodium: 522.69mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin C: 36.99mg (44.84%), Manganese: 0.62mg (30.88%), Vitamin A: 1488.33IU (29.77%), Vitamin K: 30.51µg (29.06%), Selenium: 19.91µg (28.44%), Phosphorus: 191.04mg (19.1%), Vitamin B6: 0.38mg (18.98%), Potassium: 652.53mg (18.64%), Fiber: 4.1g

(16.42%), Calcium: 157.11mg (15.71%), Folate: 56.47µg (14.12%), Vitamin E: 1.92mg (12.8%), Magnesium: 50.53mg (12.63%), Vitamin B2: 0.21mg (12.06%), Copper: 0.21mg (10.69%), Zinc: 1.43mg (9.53%), Iron: 1.7mg (9.44%), Vitamin B1: 0.12mg (8.17%), Vitamin B3: 1.5mg (7.49%), Vitamin B5: 0.44mg (4.4%), Vitamin B12: 0.17µg (2.81%)