



Fresh Zucchini Pasta Sauce

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



292 kcal

SAUCE

Ingredients

- 8 ounce angel hair pasta
- 3 cloves garlic minced
- 2 tablespoons olive oil
- 4 servings salt to taste
- 2 zucchini grated

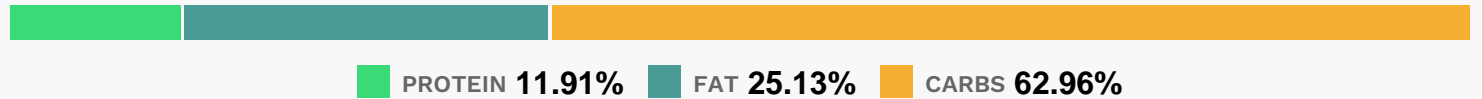
Equipment

- bowl
- pot

Directions

- Mix zucchini and garlic together in a large bowl; stir in olive oil and salt. Set aside for flavors to blend, about 1 hour.
- Bring a large pot of lightly salted water to a boil. Cook angel hair in the boiling water, stirring occasionally until cooked through but firm to the bite, 4 to 5 minutes.
- Drain and add to zucchini mixture. Toss to combine and slightly cook the zucchini.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:11.139130561248%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 292.25kcal (14.61%), Fat: 8.18g (12.59%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 43.29g (15.74%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 205.55mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Selenium: 36.35µg (51.93%), Manganese: 0.73mg (36.58%), Vitamin C: 18.24mg (22.11%), Phosphorus: 147.84mg (14.78%), Vitamin B6: 0.27mg (13.41%), Magnesium: 48.26mg (12.06%), Fiber: 2.84g (11.37%), Potassium: 391.35mg (11.18%), Copper: 0.22mg (11.13%), Folate: 33.79µg (8.45%), Vitamin K: 8.52µg (8.12%), Vitamin E: 1.19mg (7.93%), Zinc: 1.14mg (7.6%), Vitamin B2: 0.13mg (7.57%), Vitamin B3: 1.42mg (7.11%), Vitamin B1: 0.1mg (6.64%), Iron: 1.18mg (6.55%), Vitamin B5: 0.46mg (4.58%), Vitamin A: 196.2IU (3.92%), Calcium: 31.85mg (3.18%)