



## Garden Pasta

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2105 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon balsamic vinegar
- 10 ounces button mushrooms sliced
- 2 cloves garlic thinly sliced
- 2 tablespoons olive oil
- 4 cups multigrain penne
- 1 large bell pepper red sliced
- 3 small zucchini cut into 1/2-inch pieces

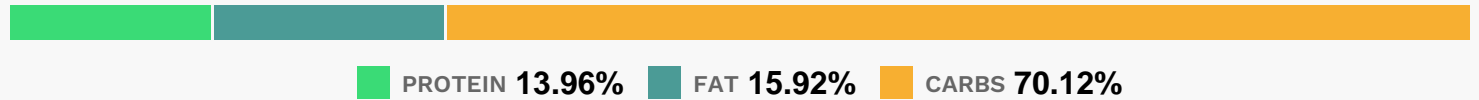
## Equipment

- bowl
- frying pan

## Directions

- Cook the pasta according to the package directions.
- Heat the oil in a large skillet over medium-high heat.
- Add the mushrooms and cook, stirring occasionally, until tender, about 4 minutes. Stir in the garlic, zucchini, red pepper, and vinegar and cook until tender, 3 to 4 minutes more.
- Add the cooked pasta and toss to combine. Divide among individual bowls.

## Nutrition Facts



## Properties

Glycemic Index:201, Glycemic Load:142.23, Inflammation Score:-10, Nutrition Score:70.168260735014%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## Nutrients (% of daily need)

Calories: 2105.23kcal (105.26%), Fat: 37.41g (57.56%), Saturated Fat: 5.65g (35.32%), Carbohydrates: 370.87g (123.62%), Net Carbohydrates: 346.52g (126.01%), Sugar: 35.82g (39.8%), Cholesterol: 0mg (0%), Sodium: 81.31mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.81g (147.61%), Selenium: 312.49µg (446.41%), Vitamin C: 281.11mg (340.74%), Manganese: 5.19mg (259.56%), Phosphorus: 1283.69mg (128.37%), Copper: 2.44mg (121.98%), Vitamin A: 5843.38IU (116.87%), Vitamin B2: 1.89mg (111.08%), Vitamin B3: 21.13mg (105.64%), Vitamin B6: 2.06mg (103.12%), Fiber: 24.34g (97.38%), Potassium: 3217.25mg (91.92%), Magnesium: 350.83mg (87.71%), Vitamin B5: 7.46mg (74.61%), Folate: 289.77µg (72.44%), Zinc: 9.44mg (62.96%), Vitamin B1: 0.89mg (59.63%), Iron: 9.66mg (53.65%), Vitamin E: 7.58mg (50.51%), Vitamin K: 40.67µg (38.73%), Calcium: 186.58mg (18.66%), Vitamin D: 0.57µg (3.78%), Vitamin B12: 0.11µg (1.89%)