



Garden Vegetable Spaghetti

READY IN



25 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces pasta like spaghetti
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup carrots sliced
- ☐ 0.5 cup onion diced
- ☐ 2 medium zucchini cut into 1/2-inch slices (4 cups)
- ☐ 2 garlic clove finely chopped
- ☐ 3 medium tomatoes cut into 1-inch pieces
- ☐ 0.5 cup peas green frozen thawed
- ☐ 1 tablespoon basil dried fresh chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.7 cup parmesan cheese grated

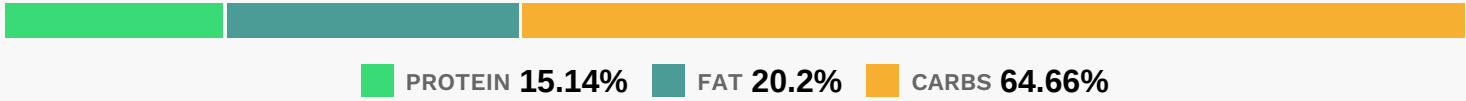
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain spaghetti as directed on package.
- ☐ While spaghetti is cooking, heat oil in 10-inch skillet over medium-high heat. Cook carrots, onion, zucchini and garlic in oil, stirring frequently, until vegetables are crisp-tender.
- ☐ Stir in remaining ingredients except cheese; cook until hot.
- ☐ Serve vegetable mixture over spaghetti.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:45.86, Glycemic Load:24.54, Inflammation Score:-9, Nutrition Score:19.436956493751%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 410.06kcal (20.5%), Fat: 9.23g (14.2%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 66.45g (22.15%), Net Carbohydrates: 61.28g (22.28%), Sugar: 6.8g (7.56%), Cholesterol: 9.67mg (3.22%), Sodium: 406.58mg (17.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Selenium: 52.25µg (74.65%), Manganese: 1.06mg (52.8%), Vitamin A: 1728.27IU (34.57%), Vitamin C: 26.57mg (32.21%), Vitamin K: 31.61µg (30.1%), Phosphorus: 275.18mg (27.52%), Fiber: 5.17g (20.67%), Magnesium: 73.58mg (18.39%), Copper: 0.34mg

(17.05%), Potassium: 594.01mg (16.97%), Vitamin B6: 0.34mg (16.87%), Calcium: 155.78mg (15.58%), Zinc: 2.11mg (14.04%), Folate: 52.69µg (13.17%), Iron: 2.29mg (12.71%), Vitamin B3: 2.31mg (11.57%), Vitamin B1: 0.17mg (11.17%), Vitamin B2: 0.19mg (11.1%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.61mg (6.06%), Vitamin B12: 0.15µg (2.5%)