



# Ginger Basil Spaghetti

 Very Healthy

READY IN



22 min.

SERVINGS



3

CALORIES



1053 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 3 tablespoons basil pesto
- 6 cauliflower
- 0.5 cup chicken stock see
- 3 tablespoons finely-chopped ham cooked chopped
- 1 tablespoon cumin
- 1 tablespoon curry powder
- 1 teaspoon garlic powder
- 2 tablespoons ginger

- 4 tablespoons catsup
- 2 tablespoons parmesan
- 1 tablespoon pasta sauce with mushrooms
- 1 tablespoon pepper
- 1 tablespoon pepper red
- 1 tablespoon salsa
- 1 teaspoon salt
- 2 tablespoons soya sauce
- 1 lb pasta like spaghetti
- 1 tablespoon thyme leaves
- 0.3 cup wine
- 2 tablespoons worcestershire sauce

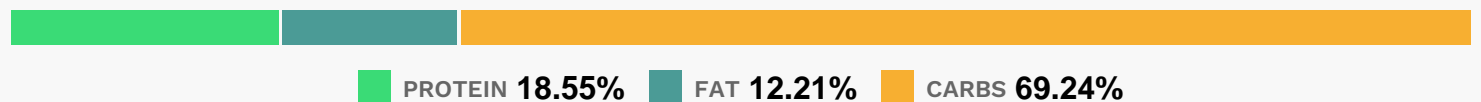
## Equipment

- pot

## Directions

- Boil the spaghetti, set aside. Mince the ginger.
- Combine ginger and the next 7 ingredients (including chicken stock) in a pot and cook for 3-5 minutes, along with the salt and pepper.
- Add spaghetti, along with the next 5 ingredients (wine to cauliflower)
- Mix for 3-4 minutes.
- Add pre-cooked ham, cook for 1-2 minutes. Just get it heated up. Shred parmesan cheese over it.
- Serve with salsa and pasta sauce on the side. Along with heavy red wine.

## Nutrition Facts



## Properties

Glycemic Index:94.33, Glycemic Load:57.18, Inflammation Score:-10, Nutrition Score:64.480000116903%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

## Nutrients (% of daily need)

Calories: 1052.67kcal (52.63%), Fat: 14.83g (22.81%), Saturated Fat: 4g (25%), Carbohydrates: 189.2g (63.07%), Net Carbohydrates: 157.97g (57.44%), Sugar: 33.78g (37.54%), Cholesterol: 15.46mg (5.15%), Sodium: 2659.89mg (115.65%), Alcohol: 2.75g (100%), Alcohol %: 0.24% (100%), Protein: 50.68g (101.37%), Vitamin C: 564.95mg (684.79%), Manganese: 3.81mg (190.71%), Vitamin K: 187.93µg (178.98%), Folate: 697.59µg (174.4%), Selenium: 108.77µg (155.39%), Vitamin B6: 2.6mg (130.23%), Fiber: 31.22g (124.89%), Potassium: 4273mg (122.09%), Phosphorus: 940.65mg (94.07%), Vitamin B5: 8.64mg (86.37%), Magnesium: 298.22mg (74.55%), Iron: 11.29mg (62.73%), Vitamin B2: 0.99mg (58.29%), Vitamin B1: 0.86mg (57.3%), Vitamin B3: 11.12mg (55.62%), Copper: 1.11mg (55.37%), Calcium: 429.88mg (42.99%), Zinc: 6.28mg (41.87%), Vitamin A: 1446.02IU (28.92%), Vitamin E: 3.11mg (20.71%), Vitamin B12: 0.25µg (4.14%)