



## Green Green Pasta

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bunch asparagus cut into 1 1/2-inch lengths thin
- 1 crown broccoli cut into florets
- 15 ounce garbanzo beans drained and rinsed canned
- 0.3 cup feta cheese crumbled
- 1 tablespoon basil fresh chopped
- 8 ounces green beans fresh cut into 1-inch lengths
- 2 green onions thinly sliced
- 2 tablespoons olive oil divided

- 8 ounce pappardelle pasta
- 2 tablespoons reserved pasta water
- 4 servings salt and pepper to taste
- 1 zucchini halved sliced

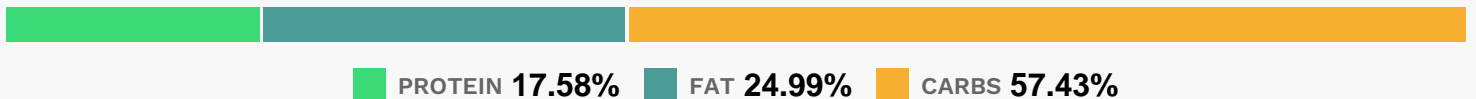
## Equipment

- frying pan
- pot

## Directions

- Bring a large pot of lightly salted water to boil.
- Add pappardelle, and cook until al dente, 8 to 10 minutes.
- Drain, reserving some pasta water. Coat with 1 tablespoon olive oil; set aside.
- Meanwhile, heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat.
- Add zucchini; cook and stir until zucchini begins to brown around the edges but is still firm. Stir in asparagus, broccoli, and green beans; continue to cook until vegetables turn bright green in color, about 3 minutes.
- Add green onions and garbanzo beans; cook and stir until vegetables are lightly browned around the edges.
- Add reserved pasta water to vegetables. Cover skillet; reduce heat to low and simmer until garbanzos are heated through and vegetables are just tender. Stir vegetables and basil into pasta; season to taste with salt and pepper, and top with crumbled feta.

## Nutrition Facts



## Properties

Glycemic Index:84.58, Glycemic Load:24.92, Inflammation Score:-10, Nutrition Score:42.969565013181%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 13.82mg, Kaempferol: 13.82mg, Kaempferol: 13.82mg, Kaempferol: 13.82mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 23.19mg, Quercetin: 23.19mg, Quercetin: 23.19mg, Quercetin: 23.19mg

## **Nutrients (% of daily need)**

Calories: 500.12kcal (25.01%), Fat: 14.6g (22.46%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 75.5g (25.17%), Net Carbohydrates: 60.45g (21.98%), Sugar: 8.98g (9.98%), Cholesterol: 55.97mg (18.66%), Sodium: 669.34mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Vitamin K: 247.49µg (235.7%), Vitamin C: 158.9mg (192.6%), Manganese: 2.08mg (103.95%), Selenium: 55.08µg (78.68%), Fiber: 15.05g (60.19%), Vitamin B6: 1.2mg (59.88%), Folate: 234.93µg (58.73%), Vitamin A: 2463.54IU (49.27%), Phosphorus: 454.77mg (45.48%), Iron: 6.87mg (38.19%), Potassium: 1270.49mg (36.3%), Vitamin B2: 0.59mg (34.87%), Copper: 0.69mg (34.73%), Magnesium: 135.64mg (33.91%), Vitamin B1: 0.49mg (32.38%), Vitamin E: 4.02mg (26.8%), Zinc: 3.64mg (24.3%), Calcium: 236.15mg (23.62%), Vitamin B5: 2.34mg (23.38%), Vitamin B3: 4.17mg (20.83%), Vitamin B12: 0.32µg (5.38%), Vitamin D: 0.21µg (1.38%)