

 **38%**
HEALTH SCORE

Isis' Grand Canyon Veggie Spaghetti

READY IN



30 min.

SERVINGS



10

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons bell pepper
- 2 tablespoons bell pepper
- 2 tablespoons broccoli
- 2 tablespoons carrots
- 2 tablespoons celery
- 1 cup cheddar cheese
- 1 tablespoon basil dried
- 1.5 teaspoons garlic dried
- 1 teaspoon thyme dried

- 1 tablespoon olive oil extra virgin
- 2 teaspoons granulated sugar
- 0.5 teaspoon pepper fresh black
- 2 tablespoons mushrooms
- 2 tablespoons mushrooms
- 3 tablespoons onion diced
- 1 tablespoon oregano dried
- 1 teaspoon parsley
- 2 lbs soup noodles dry
- 1 teaspoon rosemary
- 1 teaspoon salt
- 12 ounces textured vegetable protein
- 5.5 tablespoons tomatoes
- 0.5 cup tomatoes

Equipment

- pot
- stove

Directions

- Store olive oil in a leak proof container. In a zip-lock (#
- bag mix: dried onions, peppers, broccoli, carrots, mushrooms, celery and dried tomatoes. In a separate zip-lock (#
- mix tomato powder, TVP, garlic, spices and sugar. In a third zip-lock (#
- pack cheese powder. In a large camp pot, add veggies (zip-lock #
- and 2 2/3 to 3 cups of water allow to sit 20 minutes.
- Add zip-lock #2 to veggies in pot, simmer on camp stove 5 - 8 minutes until textured vegetable protein is tender. In a separate pot boil pasta per package directions.
- Drain pasta.

Serve pasta with sauce, cheese, and red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:62.49, Glycemic Load:28.35, Inflammation Score:-8, Nutrition Score:17.755651795346%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 516.97kcal (25.85%), Fat: 6.75g (10.39%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 80.91g (26.97%), Net Carbohydrates: 71.68g (26.07%), Sugar: 8.29g (9.21%), Cholesterol: 11.3mg (3.77%), Sodium: 321.1mg (13.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.18%), Selenium: 61.34µg (87.63%), Manganese: 0.96mg (48.19%), Fiber: 9.23g (36.92%), Iron: 5.59mg (31.07%), Phosphorus: 241.33mg (24.13%), Calcium: 230.05mg (23%), Vitamin A: 903.34IU (18.07%), Vitamin K: 18.52µg (17.64%), Copper: 0.32mg (15.78%), Magnesium: 60.25mg (15.06%), Vitamin C: 10.2mg (12.36%), Zinc: 1.85mg (12.34%), Vitamin B3: 2mg (10%), Vitamin B6: 0.2mg (9.96%), Potassium: 326.64mg (9.33%), Vitamin B2: 0.15mg (8.82%), Folate: 30.31µg (7.58%), Vitamin B1: 0.11mg (7.14%), Vitamin B5: 0.6mg (5.97%), Vitamin E: 0.72mg (4.82%), Vitamin B12: 0.12µg (2.04%)