



WHATSHEATE



Italian Vegetable and Asiago Bow-Ties

READY IN



30 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces farfalle pasta uncooked (bow-tie)
- ☐ 0.5 cup water
- ☐ 4 ounces green beans cut into 2-inch pieces (2 cups)
- ☐ 1 tablespoon vegetable oil
- ☐ 6 ounces mushrooms whole cut into fourths (2 cups)
- ☐ 1 medium zucchini cut lengthwise into eighths, then into 1-inch pieces
- ☐ 1 medium onion yellow cut into 1/4-inch wedges
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons oregano dried fresh chopped

- ☐ 0.8 teaspoon salt
- ☐ 4 ounces cherry tomatoes cut in half
- ☐ 2 ounces parmesan shredded

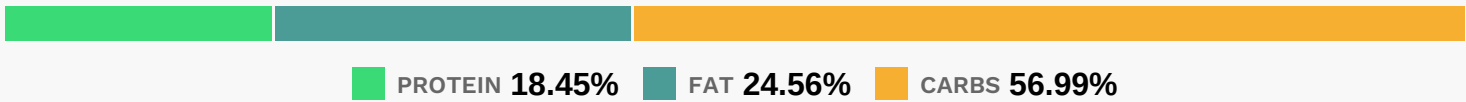
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat water to boiling.
- ☐ Add beans; boil uncovered 5 minutes. Cover and boil 2 to 4 minutes or until crisp-tender.
- ☐ Drain; set aside.
- ☐ In same skillet, heat oil over medium-high heat. Cook mushrooms, zucchini, onion, garlic, oregano and salt in oil about 7 minutes, stirring frequently, until onion is tender.
- ☐ Stir in tomatoes and beans; heat until hot.
- ☐ Serve vegetable mixture over pasta.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:14.65, Inflammation Score:-10, Nutrition Score:17.719130246536%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 294.82kcal (14.74%), Fat: 8.24g (12.68%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 38.22g (13.9%), Sugar: 6.23g (6.92%), Cholesterol: 9.64mg (3.21%), Sodium: 679.98mg

(29.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Selenium: 34.89µg (49.85%), Manganese: 0.78mg (38.85%), Vitamin K: 37.31µg (35.53%), Vitamin C: 22.15mg (26.84%), Phosphorus: 266.62mg (26.66%), Calcium: 249.6mg (24.96%), Vitamin B2: 0.35mg (20.45%), Fiber: 4.8g (19.21%), Copper: 0.37mg (18.28%), Vitamin B6: 0.34mg (16.87%), Potassium: 570.36mg (16.3%), Magnesium: 61.24mg (15.31%), Vitamin B3: 3.03mg (15.17%), Iron: 2.56mg (14.2%), Folate: 51.87µg (12.97%), Vitamin A: 586.16IU (11.72%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.61mg (10.74%), Vitamin B1: 0.15mg (10.25%), Vitamin E: 1.16mg (7.72%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.16µg (1.04%)