



Lemon-Pignoli Zucchini Pasta

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups orecchiette uncooked (tiny disk)
- 2 small zucchini thinly sliced
- 1 pint cherry tomatoes cut in half
- 2 juice of lemon grated
- 0.3 cup olive oil
- 1 serving salt and pepper to taste
- 6 oz feta cheese crumbled
- 0.5 cup basil fresh chopped

0.5 cup pinenuts

Equipment

bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water to cool; drain.
- Meanwhile, in large bowl, gently toss zucchini, tomatoes, lemon peel and juice, oil, salt and pepper.
- Add pasta to zucchini mixture; toss until well mixed.
- Add feta cheese and basil; toss again.
- Sprinkle with pine nuts.
- Serve immediately or refrigerate tightly covered up to 24 hours.

Nutrition Facts

 **PROTEIN 11.71%** **FAT 52.8%** **CARBS 35.49%**

Properties

Glycemic Index:25.67, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:18.363913193993%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 393.07kcal (19.65%), Fat: 23.61g (36.32%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 33.08g (12.03%), Sugar: 4.61g (5.12%), Cholesterol: 25.23mg (8.41%), Sodium: 370.14mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Manganese: 1.52mg (75.94%), Selenium: 28.52µg (40.74%), Vitamin C: 29.34mg (35.57%), Phosphorus: 270.05mg (27%), Vitamin K: 24.23µg (23.08%), Vitamin B2: 0.34mg (20.27%), Vitamin E: 2.96mg (19.72%), Copper: 0.36mg (17.76%), Magnesium: 69.56mg (17.39%), Calcium: 168.66mg (16.87%), Vitamin B6: 0.32mg (15.91%), Zinc: 2.33mg (15.52%), Vitamin A:

693.3IU (13.87%), Potassium: 459.24mg (13.12%), Iron: 2.1mg (11.65%), Vitamin B1: 0.17mg (11.17%), Folate: 42.7µg (10.67%), Fiber: 2.62g (10.49%), Vitamin B3: 2.04mg (10.18%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.67mg (6.7%)