



 **40%**
HEALTH SCORE

Linguini with Roasted Vegetables and Tomato Basil Chicken Meatballs

READY IN



30 min.

SERVINGS



4

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound asparagus cooked drained
- 1.5 teaspoons pepper black
- 1 pint cherry tomatoes fresh red
- 0.3 cup olive oil extra virgin
- 0.5 cup basil fresh chopped
- 3 garlic clove fresh
- 0.3 cup parmesan low-sodium grated
- 8 ounces soup noodles dry

- 0.3 teaspoon salt
- 12 ounce tomato basil sauce
- 1 medium onion white ()

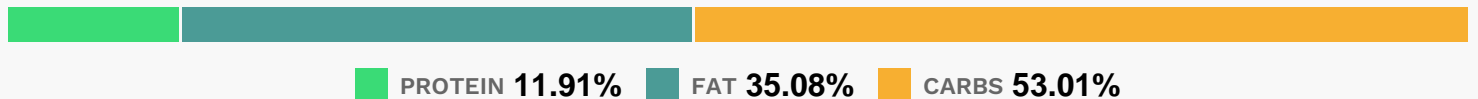
Equipment

- frying pan
- oven

Directions

- Preheat oven to 425 degrees F.
- Toss the cherry tomatoes, asparagus, onion and garlic with 2 tbsp of the olive oil, and 1 tsp of the black pepper, spread on the sheet pan, and roast for 10 – 12 minutes. Stir half way, roast until nicely browned.
- Meanwhile, cook the linguini according to package instructions, and reserve 3/4 cup of the pasta liquid.
- Drain pasta and reserve, keeping warm.
- Prepare a large saute pan with cooking spray, and brown al fresco Tomato Basil Chicken Meatballs over medium high heat for 4 – 5 minutes.
- Add the cooked pasta, roasted vegetables, and toss together.
- Lower heat to medium, add remaining olive oil, basil, Parmesan cheese, salt, 1/2 tsp of black pepper, 1/2 cup of the pasta water (add remaining 1/4 cup if needed), toss well.
- Serve immediately with crusty Italian bread.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:18.29, Inflammation Score:-9, Nutrition Score:20.997825993792%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg

Nutrients (% of daily need)

Calories: 464.99kcal (23.25%), Fat: 18.29g (28.14%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 54.89g (19.96%), Sugar: 12.9g (14.33%), Cholesterol: 4.25mg (1.42%), Sodium: 584.82mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Selenium: 39.64µg (56.63%), Manganese: 0.94mg (46.93%), Vitamin K: 49.01µg (46.68%), Vitamin C: 37.51mg (45.46%), Vitamin A: 1729.31IU (34.59%), Fiber: 7.31g (29.23%), Potassium: 844.91mg (24.14%), Phosphorus: 227.42mg (22.74%), Vitamin E: 3.36mg (22.42%), Iron: 3.64mg (20.22%), Copper: 0.4mg (20.04%), Calcium: 159mg (15.9%), Folate: 62.97µg (15.74%), Vitamin B6: 0.3mg (14.95%), Magnesium: 57.9mg (14.48%), Vitamin B1: 0.2mg (13.07%), Vitamin B3: 2.25mg (11.24%), Zinc: 1.55mg (10.33%), Vitamin B2: 0.17mg (10.25%), Vitamin B5: 0.64mg (6.45%), Vitamin B12: 0.08µg (1.25%)