



HEALTH SCORE

98%

Linguini with Vegetables



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 carrots sliced thin
- ☐ 4 cloves garlic crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.5 onion sliced
- ☐ 1 pound linguini pasta
- ☐ 1 bell pepper red thinly sliced
- ☐ 1 tablespoon herb and spice blend salt-free

- ☐ 0.3 cup white wine
- ☐ 1 baby squash yellow thinly sliced
- ☐ 1 small zucchini thinly sliced

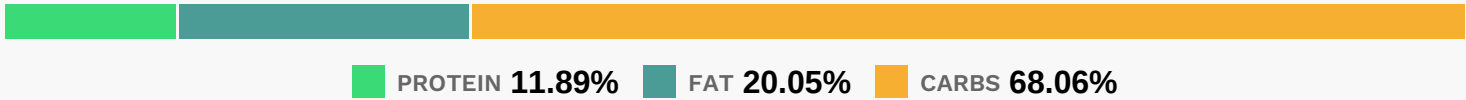
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook linguini pasta until al dente.
- ☐ Drain well.
- ☐ Meanwhile, in a large skillet heat olive oil and add thinly sliced zucchini, squash, carrots, red bell pepper, onions, salt-free spice blend, and minced garlic. Cook on medium-high for five minutes, stirring frequently.
- ☐ Add white wine and lemon juice and continue cooking until vegetables are crisp-tender and liquid has reduced, about 5 to 10 minutes.
- ☐ Toss cooked and drained pasta with sauteed vegetables and serve.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:36.5, Inflammation Score:-10, Nutrition Score:29.100434800853%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 579.51kcal (28.98%), Fat: 12.75g (19.62%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 97.42g (32.47%), Net Carbohydrates: 89.6g (32.58%), Sugar: 8.54g (9.49%), Cholesterol: 0mg (0%), Sodium: 35.36mg (1.54%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 17.01g (34.03%), Vitamin A: 6247.45IU (124.95%), Selenium: 72.56µg (103.66%), Manganese: 1.53mg (76.26%), Vitamin C: 56.98mg (69.07%), Vitamin K: 37.81µg (36%), Fiber: 7.82g (31.28%), Phosphorus: 279.61mg (27.96%), Vitamin B6: 0.55mg (27.31%), Magnesium: 94.8mg (23.7%), Copper: 0.43mg (21.3%), Vitamin E: 3.09mg (20.59%), Potassium: 711.93mg (20.34%), Iron: 3.52mg (19.54%), Folate: 73.55µg (18.39%), Vitamin B3: 3.12mg (15.59%), Zinc: 2.16mg (14.4%), Vitamin B2: 0.24mg (13.98%), Vitamin B1: 0.2mg (13.04%), Calcium: 117.34mg (11.73%), Vitamin B5: 0.88mg (8.83%)