



Marinated Zucchini with Bow Ties

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bow ties
- 0.5 cup basil fresh chopped
- 4 cloves garlic minced
- 1.5 teaspoons fresh-ground pepper black
- 0.3 cup olive oil
- 0.8 pound plum tomatoes diced seeded (6)
- 2.5 teaspoons salt
- 0.3 cup red-wine vinegar

- 2 pounds zucchini cut in half lengthwise and then cut crosswise into 1/4-inch slices (4)

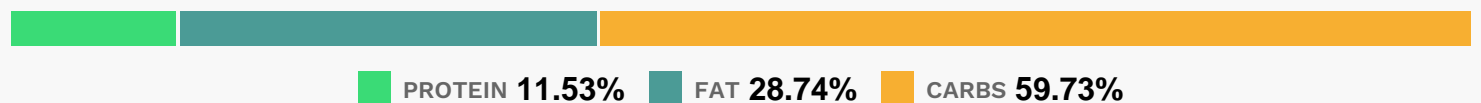
Equipment

- bowl
- frying pan
- pot

Directions

- In a large frying pan, heat 3 tablespoons of the oil over moderate heat.
- Add the garlic, zucchini, and 1/2 teaspoon of the salt. Cook, stirring occasionally, until tender, about 5 minutes.
- Transfer the zucchini to a large stainless-steel, glass, or ceramic bowl and stir in the tomatoes, basil, vinegar, the remaining 2 teaspoons salt, and the pepper.
- In a large pot of boiling, salted water, cook the bow ties until just done, about 15 minutes.
- Drain the pasta and toss it with the marinated zucchini and the remaining 1/3 cup oil.
- Variation: Balsamic-Marinated Zucchini with Bow Ties: For a sweeter dish, you can substitute an equal amount of balsamic vinegar in place of the wine vinegar called for in the recipe.
- Wine Recommendation: This dish puts one in mind of the French Mediterranean, and a red or white wine from that region would be a perfect accompaniment. Try a red from the Ctes de Provence or Bandol, a white from the town of Cassis, or even a ros from the same area.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:36.02, Inflammation Score:-9, Nutrition Score:28.144782190738%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 643.57kcal (32.18%), Fat: 20.67g (31.8%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 96.63g (32.21%), Net Carbohydrates: 89.41g (32.51%), Sugar: 10.98g (12.2%), Cholesterol: 0mg (0%), Sodium: 1484.96mg (64.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Selenium: 72.6µg (103.71%), Manganese: 1.73mg (86.46%), Vitamin C: 53.8mg (65.21%), Vitamin K: 41.15µg (39.19%), Phosphorus: 329.57mg (32.96%), Vitamin B6: 0.64mg (32.14%), Potassium: 1083.53mg (30.96%), Fiber: 7.22g (28.87%), Magnesium: 114.87mg (28.72%), Copper: 0.53mg (26.56%), Vitamin A: 1324.67IU (26.49%), Vitamin E: 3.48mg (23.22%), Folate: 89.86µg (22.46%), Vitamin B2: 0.3mg (17.9%), Vitamin B3: 3.51mg (17.56%), Zinc: 2.55mg (16.97%), Iron: 2.94mg (16.35%), Vitamin B1: 0.24mg (16.23%), Vitamin B5: 1.06mg (10.62%), Calcium: 84.64mg (8.46%)