



Mediterranean Pasta with Zucchini

 Dairy Free

READY IN



13 min.

SERVINGS



13

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce chickpeas drained canned
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 2 tablespoons olives ripe sliced
- 8 ounces ziti pasta uncooked
- 1 medium zucchini sliced

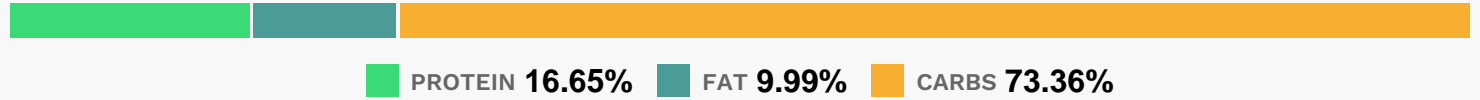
Equipment

- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat. While pasta cooks, combine tomatoes and remaining 3 ingredients in a large skillet; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes.
- Spoon tomato mixture over drained pasta.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:7.13, Inflammation Score:-3, Nutrition Score:6.1304348448048%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 107.98kcal (5.4%), Fat: 1.23g (1.89%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 17.47g (6.35%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 154.13mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Manganese: 0.51mg (25.61%), Selenium: 11.91µg (17.02%), Vitamin B6: 0.25mg (12.59%), Fiber: 2.79g (11.16%), Copper: 0.17mg (8.39%), Phosphorus: 75.04mg (7.5%), Vitamin C: 5.64mg (6.84%), Magnesium: 27.25mg (6.81%), Potassium: 218.52mg (6.24%), Iron: 1.1mg (6.12%), Folate: 19.08µg (4.77%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.8mg (3.98%), Vitamin B1: 0.06mg (3.8%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.29mg (2.92%), Calcium: 28.92mg (2.89%), Vitamin B2: 0.05mg (2.71%), Vitamin K: 2.36µg (2.25%), Vitamin A: 107.88IU (2.16%)