



 **100%**
HEALTH SCORE

Pasta and Vegetables with White Sauce

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound broccoli for another use cut into small florets and stems reserved
- 1 pound cauliflower cut into florets
- 1.5 cup chickpeas rinsed cooked drained (or 1 can, and)
- 1 tablespoon basil dried
- 6 cloves garlic pressed peeled
- 5 tablespoons nutritional yeast
- 2 teaspoons oregano dried
- 8 servings pepper black generous

- 2 teaspoons potato flour
- 0.5 teaspoon pepper red to taste (or)
- 1 pound rotini pasta gluten-free whole wheat (or pasta)
- 1.5 teaspoons penzey's southwest seasoning salt-free to taste (or)
- 2 cups soy milk plain unsweetened (or other non-dairy milk)

Equipment

- sauce pan

Directions

- Add them to the pasta. While the pasta and the vegetables are cooking, make the sauce: combine in a medium saucepan the soy milk, garlic, herbs, and pepper. Bring to a simmer over medium-high heat, reduce heat to low, and cook, stirring frequently, for about 3 minutes or until pasta is done.
- Add 1/2 cup of the pasta cooking water and the nutritional yeast. Stir the starch into 1/4 cup of cool water and add it to the sauce, stirring well. Increase heat and cook until the sauce boils and thickens slightly. Check seasonings and add salt to taste.
- Pour the sauce over the pasta and vegetables and stir gently to coat. If the pasta needs more moisture, add a little of the reserved pasta water.
- Sprinkle with extra red pepper flakes if desired and serve immediately.

Nutrition Facts



PROTEIN 19.78% **FAT 8.5%** **CARBS 71.72%**

Properties

Glycemic Index:25.47, Glycemic Load:20.1, Inflammation Score:-9, Nutrition Score:26.747826120128%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg, Kaempferol: 4.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 342.54kcal (17.13%), Fat: 3.31g (5.09%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 53.69g (19.52%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 67.22mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin C: 79.06mg (95.83%), Vitamin K: 85.67µg (81.59%), Manganese: 1.22mg (60.89%), Selenium: 39.16µg (55.95%), Fiber: 9.17g (36.7%), Folate: 136.3µg (34.08%), Phosphorus: 248.92mg (24.89%), Potassium: 780.16mg (22.29%), Iron: 3.89mg (21.6%), Magnesium: 83.59mg (20.9%), Vitamin B6: 0.41mg (20.64%), Copper: 0.4mg (20.08%), Calcium: 180.62mg (18.06%), Vitamin B2: 0.3mg (17.48%), Vitamin B1: 0.26mg (17.19%), Zinc: 1.76mg (11.76%), Vitamin B12: 0.67µg (11.24%), Vitamin B5: 1.12mg (11.21%), Vitamin A: 553.05IU (11.06%), Vitamin B3: 2.02mg (10.08%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.73µg (4.86%)