



 **54%**  
HEALTH SCORE

## Pasta Giardiniera

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 10 baby carrots with tops, trimmed (do not peel)
- 1 tablespoon capers drained
- 2 tablespoons champagne vinegar
- 0.5 teaspoon pepper red crushed
- 1 fennel bulb trimmed vertically sliced
- 3 ounces mozzarella cheese fresh cubed ( ) ( 3/4 cup)
- 1 tablespoon thyme leaves fresh
- 6 ounces lasagna noodles fresh cut into 1 1/4 x 5-inch ribbons

- 0.3 cup olive oil extra-virgin divided
- 1 large bell pepper red
- 4 ounces pearl onions red
- 0.8 teaspoon salt divided
- 3.5 ounces shiitake mushroom caps halved
- 3 ounces sugar snap peas trimmed
- 10 cup water

## Equipment

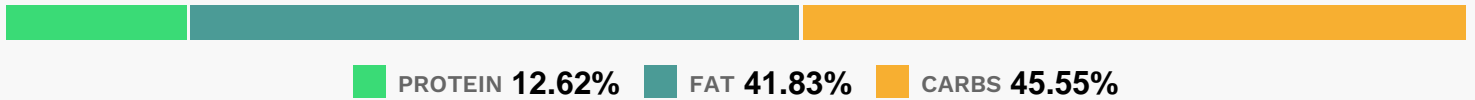
- bowl
- frying pan
- baking sheet
- paper towels
- aluminum foil
- broiler
- dutch oven

## Directions

- Preheat broiler to high.
- Cut bell pepper in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- Place in a paper bag; fold to close tightly.
- Let stand 10 minutes. Peel and cut into strips.
- While bell pepper broils, bring 10 cups water to a boil in a Dutch oven.
- Add carrots and onions; cook 2 minutes.
- Add peas; cook 2 minutes.
- Drain; rinse with cold water.
- Drain.

- Remove carrot skins by rubbing gently with a clean, dry paper towel.
- Remove stem ends from onions; peel.
- Heat a large nonstick skillet over medium-high heat.
- Add 2 tablespoons olive oil, and swirl to coat.
- Add onions, mushrooms, and fennel; saut for 2 minutes, stirring occasionally.
- Add 1/4 teaspoon salt; reduce heat to medium, and saut for 3 minutes, stirring occasionally.
- Add bell pepper, carrots, and vinegar; cook 2 minutes or until liquid almost evaporates.
- Cook pasta in boiling water 2 minutes; drain.
- Combine pasta, remaining 2 tablespoons oil, remaining 1/2 teaspoon salt, fennel mixture, capers, and crushed red pepper in a large bowl; toss to combine.
- Add mozzarella; sprinkle with thyme.

## Nutrition Facts



### Properties

Glycemic Index:62.5, Glycemic Load:15.52, Inflammation Score:-10, Nutrition Score:26.297825958418%

### Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

### Nutrients (% of daily need)

Calories: 411.5kcal (20.57%), Fat: 19.44g (29.91%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 40.82g (14.84%), Sugar: 9.23g (10.26%), Cholesterol: 16.8mg (5.6%), Sodium: 717.75mg (31.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.39%), Vitamin A: 5345.05IU (106.9%), Vitamin C: 77.93mg (94.46%), Vitamin K: 55.94µg (53.28%), Selenium: 32.95µg (47.07%), Manganese: 0.78mg (38.89%), Fiber: 6.81g (27.24%), Phosphorus: 253.23mg (25.32%), Vitamin E: 3.22mg (21.47%), Calcium: 199.31mg (19.93%), Vitamin B6: 0.39mg (19.69%), Potassium: 677.75mg (19.36%), Copper: 0.37mg (18.72%), Folate: 69.41µg (17.35%), Magnesium: 67.11mg (16.78%), Vitamin B3: 2.86mg (14.28%), Iron: 2.57mg (14.28%), Vitamin B2: 0.24mg (14.12%), Zinc: 1.95mg (13.03%), Vitamin B5: 1.16mg (11.56%), Vitamin B1: 0.13mg (8.71%), Vitamin B12: 0.48µg (8.08%), Vitamin D: 0.18µg (1.23%)