



## Pasta Limone With Sauteed Garden Veggies

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups noodles cooked
- 4 teaspoons olive oil extra virgin
- 1 large zucchini yellow
- 2 medium ears corn
- 0.3 cup juice of lemon
- 1 teaspoon salt
- 0.5 teaspoon pepper black
- 0.5 teaspoon oregano

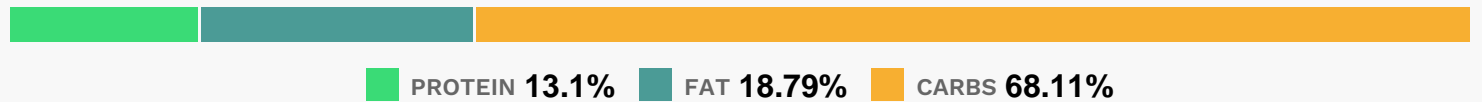
## Equipment

- bowl
- frying pan
- knife

## Directions

- Cut the zucchini into medium thick coins.
- Using a sharp knife, cut the kernels off the corn cob and into a bowl with the zucchini.
- Mix them together with some salt, pepper, and a teaspoon of oil, then put in a large frying pan over maximum heat.
- Allow the vegetables to cook while you prepare the pasta. In a large bowl, mix the noodles with the olive oil, lemon, salt, pepper, and more of the herbs.
- Continue to stir the vegetables, making sure they don't stick or burn. When the zucchini is translucent and the corn kernels turn brown around the edges, they are almost done. Reduce the heat and mix in the pasta, making sure to combine the vegetables and noodles evenly.
- When the pasta and veggies are fully mixed, turn off the burner and scoop the food onto four plates. Each plate will have a little more than two cups of food, more than half vegetables.

## Nutrition Facts



## Properties

Glycemic Index:25.13, Glycemic Load:16.85, Inflammation Score:-6, Nutrition Score:11.890434669412%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 283.24kcal (14.16%), Fat: 6.1g (9.38%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.54g (16.56%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 597mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Selenium: 31.53µg (45.04%), Manganese: 0.65mg

(32.6%), Vitamin C: 23.83mg (28.88%), Fiber: 4.16g (16.63%), Phosphorus: 146.21mg (14.62%), Magnesium: 56.59mg (14.15%), Folate: 52.71µg (13.18%), Iron: 2.22mg (12.35%), Vitamin B6: 0.25mg (12.35%), Potassium: 422.5mg (12.07%), Copper: 0.2mg (9.78%), Vitamin B1: 0.14mg (9.55%), Vitamin B3: 1.77mg (8.83%), Vitamin B2: 0.13mg (7.74%), Vitamin K: 8µg (7.62%), Zinc: 1.11mg (7.41%), Vitamin B5: 0.69mg (6.88%), Vitamin E: 0.85mg (5.67%), Vitamin A: 263.4IU (5.27%), Calcium: 28.58mg (2.86%)