



Pasta Primavera with Smoked Gouda

READY IN



50 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes coarsely chopped canned
- ☐ 2 carrots diced
- ☐ 0.5 teaspoon basil dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.7 cup gouda cheese smoked shredded
- ☐ 1 bell pepper diced green
- ☐ 1 cup chicken broth low-sodium
- ☐ 8 ounce mushrooms sliced

- ☐ 2 tablespoons olive oil
- ☐ 3 onions diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 16 ounce penne pasta whole wheat
- ☐ 2 zucchinis diced

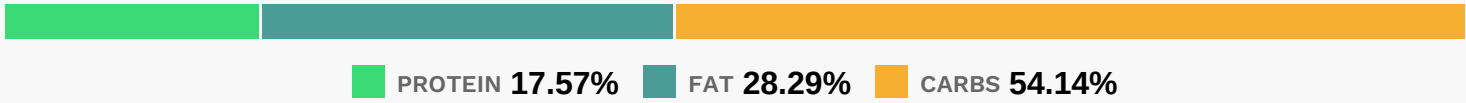
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Heat the olive oil in a skillet over medium heat. Stir in the zucchini, bell pepper, carrots, mushrooms, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the garlic and cook for one minute more. Stir in the tomatoes, chicken broth, parsley, basil, oregano, and red pepper flakes. Bring to a boil, then reduce heat to low and simmer until sauce thickens. Stir in the pasta and cook until heated through, about 2 minutes. Top with Parmesan and Gouda cheeses before serving.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:3.03, Inflammation Score:-9, Nutrition Score:16.203043258708%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 360.09kcal (18%), Fat: 11.39g (17.52%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 41.64g (15.14%), Sugar: 8.58g (9.53%), Cholesterol: 23.56mg (7.85%), Sodium: 280.93mg (12.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.82%), Vitamin A: 3057.81IU (61.16%), Vitamin C: 31.69mg (38.41%), Fiber: 7.39g (29.56%), Vitamin K: 29.09µg (27.71%), Phosphorus: 207.17mg (20.72%), Calcium: 199.67mg (19.97%), Vitamin B2: 0.29mg (17.34%), Vitamin B6: 0.33mg (16.48%), Potassium: 570.92mg (16.31%), Manganese: 0.33mg (16.27%), Copper: 0.27mg (13.69%), Vitamin B3: 2.6mg (13.02%), Folate: 41.78µg (10.44%), Vitamin E: 1.51mg (10.07%), Zinc: 1.46mg (9.72%), Selenium: 6.75µg (9.65%), Magnesium: 37.29mg (9.32%), Vitamin B1: 0.13mg (8.73%), Vitamin B5: 0.86mg (8.59%), Iron: 1.51mg (8.41%), Vitamin B12: 0.36µg (6.02%), Vitamin D: 0.16µg (1.08%)