



## Pasta with Garden Bolognese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups carrots shredded
- 1 cup celery chopped
- 6 cups ziti hot cooked uncooked ( 3 cups short tubular pasta)
- 1 cup cooking wine dry red
- 3 garlic cloves minced
- 1 cup bell pepper green chopped
- 26 ounce tomatoes fat-free
- 2 teaspoons olive oil

- 2 cups onion chopped
- 2 teaspoons oregano dried
- 6 ounces part-skim mozzarella cheese shredded
- 1.8 cups portobello mushroom caps chopped ( 1 large mushroom)
- 1 cup bell pepper red chopped

## Equipment

- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add carrot, onion, celery, and peppers; saut 10 minutes.
- Add mushroom, oregano, and garlic, and saut 2 minutes.
- Add wine and marinara sauce; bring to a boil. Reduce heat, and simmer 20 minutes.
- Serve over ziti, and sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:44.97, Glycemic Load:23.18, Inflammation Score:-10, Nutrition Score:28.531739209009%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

## Nutrients (% of daily need)

Calories: 431.2kcal (21.56%), Fat: 7.55g (11.61%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 67.3g (22.43%), Net Carbohydrates: 59.58g (21.66%), Sugar: 13.11g (14.57%), Cholesterol: 18.14mg (6.05%), Sodium: 810.87mg (35.26%), Alcohol: 4.2g (100%), Alcohol %: 1.2% (100%), Protein: 18.45g (36.89%), Vitamin A: 8753.72IU (175.07%), Vitamin C: 67.82mg (82.21%), Selenium: 48.05µg (68.64%), Manganese: 0.97mg (48.27%), Phosphorus: 354.06mg (35.41%), Fiber: 7.72g (30.87%), Calcium: 302.92mg (30.29%), Potassium: 982.23mg (28.06%), Vitamin B6: 0.55mg (27.57%), Copper: 0.47mg (23.44%), Vitamin B3: 4.33mg (21.67%), Vitamin K: 22.76µg (21.67%), Vitamin E: 3.02mg (20.11%), Magnesium: 76.69mg (19.17%), Vitamin B2: 0.32mg (18.61%), Folate: 71.26µg (17.82%), Zinc: 2.38mg (15.84%), Iron: 2.84mg (15.79%), Vitamin B5: 1.29mg (12.88%), Vitamin B1: 0.19mg (12.76%), Vitamin B12: 0.25µg (4.08%), Vitamin D: 0.16µg (1.07%)