



 **100%**
HEALTH SCORE

Pasta with Provençal Basil Sauce

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup tightly basil leaves fresh packed
- 2 cups broccoli florets
- 12 ounces brown-rice spaghetti whole-wheat
- 15 oz beans white canned
- 1 cup carrots shredded julienned
- 0.3 cup celery diced
- 4 cloves garlic
- 0.5 cup onion diced

- 4 servings bell pepper
- 0.3 cup baking potatoes diced peeled
- 0.8 cup tomatoes diced
- 0.3 cup turnip diced
- 1.5 cups vegetable broth

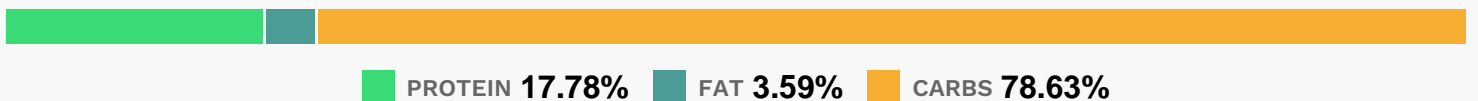
Equipment

- food processor
- frying pan
- blender

Directions

- Cut carrot, and the green and yellow zucchini skin, as described in notes, above. (Save remaining zucchini for other uses.) Set aside.
- In a 3- to 4-quart pan over high heat, bring broth, onion, celery, turnip, and potato to boiling. Reduce heat, cover, and simmer until potato is tender to bite, about 6 minutes.
- Add half the beans and their liquid; return to simmering, then cook, covered, for 5 to 10 minutes to blend flavors. Keep warm and set aside.
- In a blender or food processor, whirl remaining beans and liquid, basil, and garlic until smooth. Set aside.
- Cook pasta, uncovered, in 4 quarts boiling water and 1 tablespoon salt until almost tender to bite, about 5 minutes; after 3 minutes, add broccoli. Stir in julienned vegetables and boil until just tender to bite, about 1 minute.
- Drain, rinse with hot water, remove broccoli, and keep foods warm.
- Stir basil mixture into broth mixture. Spoon into 4 wide, rimmed dinner plates. Mound pasta in the center. Scatter tomato and broccoli around plate rims. Offer pepper and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:135.4, Glycemic Load:11.11, Inflammation Score:-10, Nutrition Score:42.917826030565%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 498.97kcal (24.95%), Fat: 2.12g (3.27%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 104.57g (34.86%), Net Carbohydrates: 94.62g (34.41%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 418.6mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.28%), Manganese: 3.58mg (178.96%), Vitamin C: 147.59mg (178.9%), Vitamin A: 8728.01IU (174.56%), Selenium: 65.69µg (93.85%), Vitamin K: 86.63µg (82.51%), Magnesium: 211.58mg (52.9%), Folate: 203.56µg (50.89%), Vitamin B1: 0.65mg (43.37%), Iron: 7.49mg (41.62%), Phosphorus: 406.09mg (40.61%), Fiber: 9.95g (39.8%), Copper: 0.76mg (37.86%), Vitamin B6: 0.75mg (37.36%), Potassium: 1265.05mg (36.14%), Vitamin B3: 6.23mg (31.16%), Zinc: 3.88mg (25.85%), Vitamin B2: 0.32mg (19.05%), Vitamin E: 2.81mg (18.72%), Calcium: 178.41mg (17.84%), Vitamin B5: 1.76mg (17.58%)