



Pasta With Veggies In a Tahini and Yogurt Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cloves garlic minced
- 6 servings ground pepper black to taste
- 1 juice of lemon juiced
- 0.3 cup olive oil
- 0.3 teaspoon pepper sauce hot
- 1 large bell pepper red thinly sliced
- 6 servings salt to taste

- 3 tablespoons tahini
- 1.3 cups water
- 16 ounce wide egg noodles
- 1 cup yogurt drained
- 1 zucchini thinly sliced

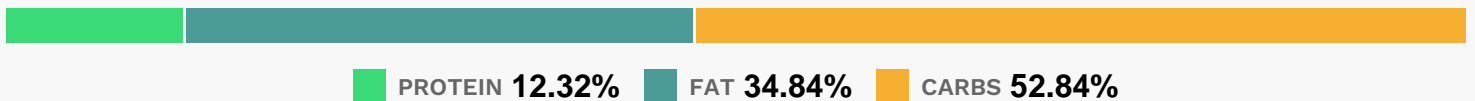
Equipment

- frying pan
- pot

Directions

- Cook noodles in a large pot of boiling water until al dente.
- Drain.
- Meanwhile, mix together tahini, lemon juice, and water until smooth.
- Add garlic, yogurt, and pepper sauce.
- In a medium skillet, heat oil over medium high heat.
- Saute red pepper and zucchini in oil for 2 to 3 minutes, or until tender crisp.
- Add tahini sauce, and heat through. Season to taste with salt and pepper. Do not boil or overcook: this sauce curdles easily. Toss noodles with sauce.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:23.57, Inflammation Score:-8, Nutrition Score:19.450434612191%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 455.43kcal (22.77%), Fat: 17.87g (27.49%), Saturated Fat: 3.6g (22.47%), Carbohydrates: 60.97g (20.32%), Net Carbohydrates: 57.15g (20.78%), Sugar: 5.43g (6.04%), Cholesterol: 68.81mg (22.94%), Sodium: 242.16mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Selenium: 63.37µg (90.52%), Vitamin C: 43.88mg (53.19%), Manganese: 0.78mg (38.77%), Phosphorus: 302.63mg (30.26%), Vitamin A: 1014.71IU (20.29%), Vitamin B1: 0.29mg (19.56%), Copper: 0.39mg (19.28%), Vitamin B6: 0.34mg (17.09%), Magnesium: 66.38mg (16.6%), Fiber: 3.82g (15.28%), Zinc: 2.24mg (14.92%), Vitamin E: 2.08mg (13.87%), Folate: 53.62µg (13.4%), Potassium: 437.97mg (12.51%), Vitamin B3: 2.47mg (12.36%), Iron: 2.12mg (11.77%), Vitamin B2: 0.19mg (11.28%), Vitamin B5: 1.02mg (10.19%), Calcium: 98.74mg (9.87%), Vitamin K: 8.81µg (8.4%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.27µg (1.78%)