



Pasta with Wilted Greens and Crumbles

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz baby salad greens mixed
- 1 tsp pepper black freshly ground
- 14.5 oz canned tomatoes diced undrained canned
- 16 oz fusilli pasta
- 0.3 tsp garlic powder
- 2 Tbsp olive oil
- 1 Tbsp tamari sauce
- 12 oz boca veggie ground crumbles frozen

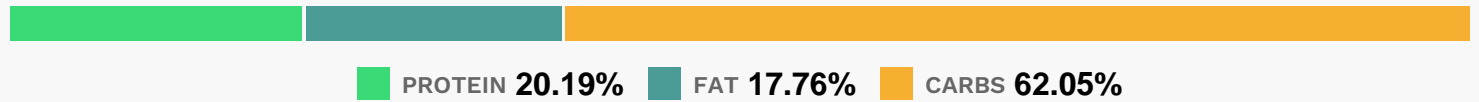
Equipment

- frying pan
- sauce pan

Directions

- Heat crumbles as directed on package.
- Meanwhile, cook pasta in large saucepan as directed on package; drain. Return pasta to pan.
- Add greens, oil, tamari and garlic powder; stir just until greens start to wilt.
- Stir in crumbles and tomatoes; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:6.83, Inflammation Score:-3, Nutrition Score:7.0117392488148%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 127.01kcal (6.35%), Fat: 2.52g (3.87%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 18g (6.55%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 157.41mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin B12: 1.41µg (23.53%), Selenium: 14.43µg (20.62%), Vitamin B1: 0.24mg (16.26%), Manganese: 0.26mg (13.11%), Vitamin B3: 2.62mg (13.1%), Vitamin B6: 0.21mg (10.26%), Phosphorus: 87.98mg (8.8%), Iron: 1.51mg (8.38%), Fiber: 1.77g (7.07%), Vitamin C: 5.2mg (6.3%), Copper: 0.09mg (4.48%), Potassium: 149.46mg (4.27%), Magnesium: 16.4mg (4.1%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.57mg (3.81%), Vitamin A: 185.62IU (3.71%), Folate: 11.17µg (2.79%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.63µg (1.55%), Vitamin B5: 0.14mg (1.44%), Calcium: 13.64mg (1.36%)