



## Pasta with Zucchini and Toasted Almonds

READY IN



20 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons mint leaves fresh divided chopped
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 9 ounce pasta refrigerated
- ☐ 5 teaspoons olive oil extra-virgin divided
- ☐ 1.5 ounces pecorino romano cheese fresh grated
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 teaspoon sugar
- ☐ 1 pound zucchini chopped

## Equipment

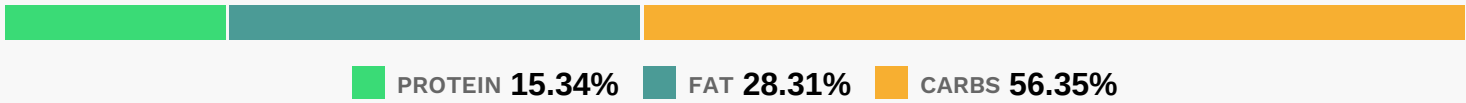
- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Combine first 7 ingredients in a medium bowl.
- ☐ Add 2 teaspoons oil, tossing to coat.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add the remaining 1 tablespoon oil to pan, swirling to coat.
- ☐ Add garlic to pan; saut 30 seconds.
- ☐ Add zucchini; saut 3 minutes or until crisp-tender.
- ☐ Add broth; bring to a simmer. Stir in pasta and 1 1/2 tablespoons mint; toss well.
- ☐ Remove from heat; stir in tomato mixture.
- ☐ Place 1 1/2 cups pasta mixture in each of 4 bowls; top evenly with remaining 1 1/2 tablespoons mint.
- ☐ Sprinkle each serving with 4 teaspoons cheese and 2 teaspoons almonds.
- ☐ Combine 1 tablespoon extra-virgin olive oil, 1 1/2 teaspoons minced garlic, 1 teaspoon fresh lemon juice, 1/4 teaspoon salt, 1/8 teaspoon freshly ground black pepper, and 15 finely chopped pitted kalamata olives in a small bowl.

Spread olive mixture over 1 (11-ounce) can refrigerated breadsticks dough. Twist each breadstick; bake at 375 for 15 minutes or until browned.

# Nutrition Facts



## Properties

Glycemic Index:75.27, Glycemic Load:20.29, Inflammation Score:-9, Nutrition Score:20.613478104705%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 411.47kcal (20.57%), Fat: 13.16g (20.25%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 58.93g (19.64%), Net Carbohydrates: 53.66g (19.51%), Sugar: 7.59g (8.43%), Cholesterol: 11.06mg (3.69%), Sodium: 761.15mg (33.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Selenium: 44.04µg (62.92%), Manganese: 1.17mg (58.7%), Vitamin C: 41.23mg (49.98%), Phosphorus: 315.79mg (31.58%), Magnesium: 91.87mg (22.97%), Vitamin E: 3.3mg (21.98%), Fiber: 5.27g (21.1%), Potassium: 732.15mg (20.92%), Copper: 0.42mg (20.9%), Vitamin B6: 0.41mg (20.42%), Calcium: 192.69mg (19.27%), Vitamin B2: 0.31mg (18.31%), Vitamin A: 820.24IU (16.4%), Folate: 59.65µg (14.91%), Iron: 2.6mg (14.46%), Zinc: 1.98mg (13.21%), Vitamin B3: 2.61mg (13.05%), Vitamin B1: 0.17mg (11.23%), Vitamin K: 10.75µg (10.24%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.2µg (3.4%)