



Pasta with Zucchini, Parsley, and Feta

READY IN



37 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ounces feta cheese crumbled
- 0.3 cup parsley fresh finely chopped
- 2 teaspoons juice of lemon
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 6 ounces rotini pasta) (corkscrew-shaped uncooked
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1.5 pounds zucchini cut into 1/2-inch pieces (3)

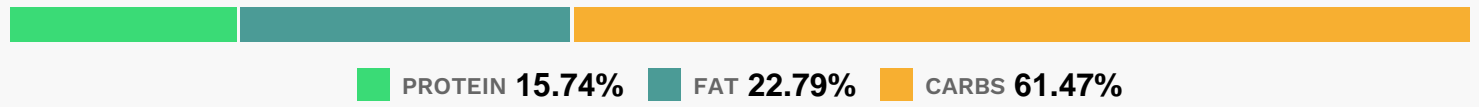
Equipment

- bowl
- frying pan

Directions

- Cook rotini according to package directions, omitting salt and fat.
- Drain, reserving 1/4 cup cooking liquid.
- Coat a nonstick skillet with cooking spray.
- Add oil, and place over medium-high heat.
- Add zucchini; saut 13 minutes or until tender.
- Sprinkle with 1/4 teaspoon salt.
- Combine hot pasta, reserved cooking liquid, zucchini, feta cheese, and remaining ingredients in a large bowl. Toss well.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:17.156521781631%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 244.14kcal (12.21%), Fat: 6.27g (9.65%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 34.86g (12.68%), Sugar: 5.48g (6.09%), Cholesterol: 12.62mg (4.21%), Sodium: 615.97mg (26.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Vitamin K: 70.52µg (67.16%), Vitamin C: 36.4mg (44.12%), Selenium: 29.36µg (41.94%), Manganese: 0.72mg (35.92%), Vitamin B6: 0.4mg (20.13%),

Phosphorus: 195.35mg (19.53%), Vitamin B2: 0.31mg (18.2%), Potassium: 572.69mg (16.36%), Folate: 59.23µg (14.81%), Magnesium: 58.1mg (14.52%), Vitamin A: 716.75IU (14.33%), Fiber: 3.22g (12.9%), Copper: 0.23mg (11.28%), Calcium: 112.2mg (11.22%), Zinc: 1.6mg (10.64%), Vitamin B1: 0.14mg (9.37%), Iron: 1.54mg (8.53%), Vitamin B3: 1.68mg (8.42%), Vitamin B5: 0.69mg (6.87%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.6mg (3.98%)