



Penne Tricolore

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 carrots peeled cut into 2-inch-long matchstick strips
- 0.5 cup basil fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup kalamata black pitted
- 1.5 tablespoons juice of lemon
- 1 lemon zest grated
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated plus more for serving
- 0.8 pound penne rigate

- 0.5 teaspoon salt
- 1 small summer squash seeded cut into 2-inch-long matchstick strips
- 1 small zucchini seeded cut into 2-inch-long matchstick strips

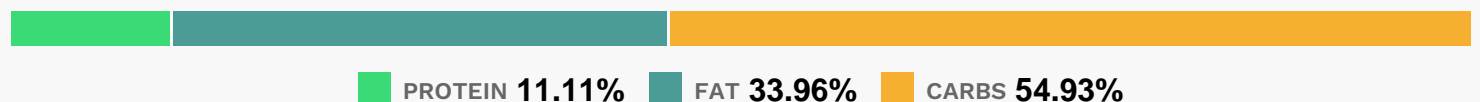
Equipment

- bowl
- pot

Directions

- In a large pot of boiling, salted water, cook the penne rigate until almost done, about 11 minutes.
- Add the zucchini, summer squash, and carrots and bring back to a boil. Cook until the vegetables and penne are just done, about 2 minutes longer. Reserve 1/2 cup of the pasta water.
- Drain the penne and vegetables.
- In a large bowl, toss the pasta, vegetables, 6 tablespoons of the reserved pasta water, olives, basil, Parmesan, oil, lemon zest, lemon juice, salt, and pepper. If the pasta seems dry, add more of the reserved pasta water.
- Serve with additional Parmesan.
- Seeding Zucchini and Summer Squash: Because the zucchini and summer squash are boiled in this recipe, it's a good idea to seed them first. Otherwise, the pulpy seeds get water-logged. To remove them, cut the zucchini or squash into quarters lengthwise. Then simply cut off the seeds.
- Wine Recommendation: A crisp, quintessentially summer white wine, such as a fendant from Switzerland or an Orvieto or Soave from Italy, will accentuate the fresh basil and vegetables.

Nutrition Facts



Properties

Glycemic Index:59.46, Glycemic Load:26.84, Inflammation Score:-10, Nutrition Score:20.889565222289%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 510.84kcal (25.54%), Fat: 19.38g (29.81%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 70.54g (23.51%), Net Carbohydrates: 65.54g (23.83%), Sugar: 5.41g (6.01%), Cholesterol: 5.44mg (1.81%), Sodium: 692.97mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.52%), Vitamin A: 5493.73IU (109.87%), Selenium: 56.27µg (80.39%), Manganese: 0.98mg (49.22%), Vitamin K: 27.39µg (26.08%), Phosphorus: 236.64mg (23.66%), Vitamin C: 16.75mg (20.3%), Vitamin E: 3.02mg (20.15%), Fiber: 5.01g (20.03%), Magnesium: 65.81mg (16.45%), Copper: 0.33mg (16.43%), Vitamin B6: 0.3mg (14.79%), Potassium: 479.03mg (13.69%), Zinc: 1.76mg (11.75%), Calcium: 109.62mg (10.96%), Vitamin B3: 2.11mg (10.53%), Folate: 41µg (10.25%), Vitamin B2: 0.17mg (9.74%), Iron: 1.72mg (9.57%), Vitamin B1: 0.13mg (8.85%), Vitamin B5: 0.6mg (6%), Vitamin B12: 0.08µg (1.41%)