



Penne with Mixed Grilled Vegetables

 Vegetarian  Vegan  Dairy Free

READY IN



24 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 stalks grilled asparagus cut into 1-inch pieces (1 cup)
- 0.5 cup grilled bell peppers diced (from 3 grilled lengthwise slices)
- 1 cup grilled eggplant diced (from 3 grilled lengthwise slices)
- 0.3 cup basil fresh plus more for serving thinly sliced
- 0.3 cup kalamata olives pitted halved
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest finely grated
- 2 tablespoons olive oil

- 8 ounces penne pasta
- 12 servings salt and pepper
- 1 cup grilled zucchini diced (from 5 grilled lengthwise slices)
- 1 cup if halved quartered

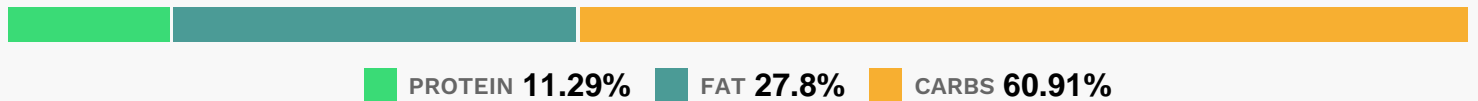
Equipment

- pot

Directions

- Cook penne in a large pot of boiling salted water until al dente, as package label directs. Reserve 1/2 cup pasta cooking water, then drain pasta and return to pot.
- Combine grilled vegetables, olives, tomatoes, basil, lemon zest, lemon juice and oil. Season with salt and pepper. Toss vegetables with pasta in pot, adding enough water to create a thin sauce. Divide among 4 plates, top with basil and serve.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:6.04, Inflammation Score:-4, Nutrition Score:4.9230435153712%

Flavonoids

Delphinidin: 5.86mg, Delphinidin: 5.86mg, Delphinidin: 5.86mg, Delphinidin: 5.86mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 104.78kcal (5.24%), Fat: 3.28g (5.04%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 14.71g (5.35%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 254.81mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Selenium: 12.15µg (17.36%), Vitamin C: 12.49mg (15.13%), Manganese: 0.24mg (12.08%), Vitamin A: 399.81IU (8%), Vitamin K: 7.58µg (7.22%), Fiber: 1.46g (5.83%), Vitamin E:

0.76mg (5.09%), Phosphorus: 48.86mg (4.89%), Copper: 0.09mg (4.52%), Vitamin B6: 0.09mg (4.44%), Magnesium: 16.27mg (4.07%), Potassium: 140.43mg (4.01%), Folate: 15.85µg (3.96%), Vitamin B3: 0.61mg (3.07%), Iron: 0.52mg (2.89%), Vitamin B1: 0.04mg (2.74%), Vitamin B2: 0.04mg (2.55%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.16mg (1.65%), Calcium: 12.23mg (1.22%)