



Penne With Sautéed Zucchini and Parmesan

READY IN



26 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese fresh divided shaved
- ☐ 3 tablespoons bottled roasted bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups penne pasta whole wheat uncooked
- ☐ 1 medium zucchini

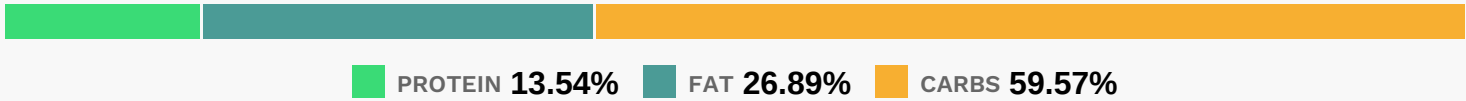
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil; add penne, and cook 7–9 minutes or until al dente.
- ☐ Drain penne, reserving 2 tablespoons of the pasta water.
- ☐ While pasta cooks, heat olive oil in large skillet over medium heat.
- ☐ Add the garlic, and cook about 1 minute or until fragrant.
- ☐ Add the zucchini, and saut over medium heat another 3 minutes or until the zucchini is tender. Then season with salt and black pepper to taste.
- ☐ Add penne and reserved pasta water to the zucchini in the skillet; toss to combine.
- ☐ Remove from heat and transfer to large serving bowl.
- ☐ Add 2 tablespoons Parmesan and toss gently to combine all ingredients.
- ☐ Serve garnished with the roasted red bell peppers and the remaining 2 tablespoons shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:5.9773913084165%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 524.49kcal (26.22%), Fat: 15.27g (23.5%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 76.14g (25.38%), Net Carbohydrates: 66.93g (24.34%), Sugar: 3.77g (4.19%), Cholesterol: 4.25mg (1.42%), Sodium: 546.94mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.61%), Fiber: 9.22g (36.88%), Vitamin C: 14.16mg (17.17%), Vitamin E: 1.59mg (10.59%), Calcium: 89.14mg (8.91%), Vitamin K: 8.96µg (8.53%), Manganese: 0.15mg (7.54%), Phosphorus: 65.76mg (6.58%), Vitamin B6: 0.12mg (5.77%), Potassium: 156.33mg (4.47%), Vitamin B2: 0.07mg (4.2%), Vitamin A: 205.92IU (4.12%), Folate: 14.04µg (3.51%), Magnesium: 13.41mg (3.35%), Zinc: 0.36mg (2.41%), Copper: 0.05mg (2.41%), Selenium: 1.66µg (2.37%), Iron: 0.42mg (2.33%), Vitamin B1: 0.03mg (1.94%), Vitamin B3: 0.31mg (1.54%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.08µg (1.25%)