



Penne with Vegetables in Tomato-Basil Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz penne pasta uncooked
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots shredded
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano (or other variety), undrained canned
- ☐ 8 oz tomato sauce canned
- ☐ 1 cup zucchini thinly sliced
- ☐ 0.5 teaspoon basil dried
- ☐ 2 tablespoons parsley fresh chopped

☐ 0.3 cup parmesan shredded

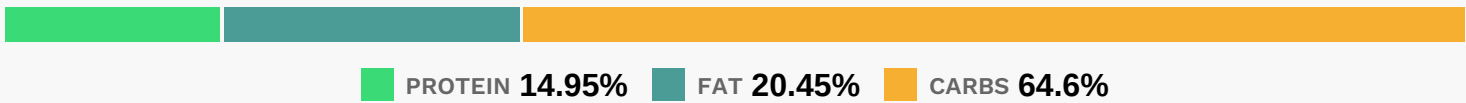
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat. Cook onion and carrot in oil 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in tomatoes and tomato sauce. Cook 5 minutes.
- ☐ Stir in zucchini and basil; reduce heat to medium. Cook about 5 minutes, stirring occasionally, until sauce is desired consistency. Stir in parsley.
- ☐ Serve over pasta.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:58.71, Glycemic Load:14.83, Inflammation Score:-9, Nutrition Score:18.127826066769%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 264.24kcal (13.21%), Fat: 6.14g (9.44%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 39.18g (14.25%), Sugar: 8.05g (8.94%), Cholesterol: 4.25mg (1.42%), Sodium: 533.92mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Vitamin A: 3319.33IU (66.39%), Vitamin K: 49.44µg (47.08%), Selenium: 28.91µg (41.3%), Manganese: 0.65mg (32.5%), Vitamin C: 24.16mg (29.29%), Phosphorus: 183.26mg (18.33%), Potassium: 637.85mg (18.22%), Fiber: 4.45g (17.8%), Vitamin B6: 0.34mg (16.79%), Copper: 0.3mg (14.9%), Iron: 2.59mg (14.37%), Calcium: 143.13mg (14.31%), Magnesium: 56.49mg (14.12%),

Vitamin E: 2.03mg (13.53%), Vitamin B3: 2.39mg (11.93%), Vitamin B2: 0.19mg (11%), Folate: 39.12µg (9.78%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.24mg (8.28%), Vitamin B5: 0.65mg (6.49%), Vitamin B12: 0.08µg (1.25%)