



Penne with Zucchini-Parmesan Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup basil leaves packed
- 0.5 teaspoon pepper black freshly ground
- 4 garlic cloves chopped
- 0.3 cup heavy whipping cream
- 1.8 teaspoons kosher salt divided
- 4 teaspoons olive oil extra-virgin divided
- 2 ounces parmigiano-reggiano cheese divided shaved
- 8 ounces penne pasta uncooked
- 2 tablespoons pinenuts toasted

- 2 cups vidalia sweet chopped (1 large)
- 6 quarts water
- 0.8 pound zucchini ()

Equipment

- food processor
- bowl
- frying pan
- sieve
- dutch oven

Directions

- Heat 2 teaspoons oil in a large skillet over medium-high heat.
- Add zucchini to pan; saut 5 minutes or until tender and golden.
- Remove from pan; cool.
- Place 1/4 cup cooked zucchini, basil, 1/4 cup cheese, pine nuts, and garlic in a food processor; process until finely chopped. (Keep mixture in processor.)
- Heat remaining 2 teaspoons oil in a large skillet over medium-high heat.
- Add onion to pan; saut 10 minutes or until golden. Return remaining cooked zucchini to pan.
- Remove from heat.
- Combine 6 quarts water and 1 teaspoon kosher salt in a large Dutch oven, and bring to a boil. Cook pasta in boiling water according to package directions.
- Drain in a sieve over a bowl, reserving 1/3 cup cooking liquid.
- Add pasta to vegetables.
- With processor on, add reserved liquid to basil mixture; process until smooth.
- Add basil mixture to pasta.
- Add cream, remaining salt, and pepper; stir. Top with remaining cheese.

Nutrition Facts



■ PROTEIN 14.31% ■ FAT 36.43% ■ CARBS 49.26%

Properties

Glycemic Index:54, Glycemic Load:17.77, Inflammation Score:-8, Nutrition Score:19.754782573037%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 432.04kcal (21.6%), Fat: 17.71g (27.24%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 50.08g (18.21%), Sugar: 8.43g (9.37%), Cholesterol: 26.45mg (8.82%), Sodium: 1337.06mg (58.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.29%), Manganese: 1.33mg (66.39%), Selenium: 40.53µg (57.9%), Vitamin K: 35.13µg (33.46%), Phosphorus: 305.17mg (30.52%), Copper: 0.59mg (29.46%), Calcium: 280.37mg (28.04%), Vitamin C: 21.21mg (25.71%), Magnesium: 91.63mg (22.91%), Vitamin B6: 0.39mg (19.66%), Vitamin A: 819.85IU (16.4%), Potassium: 533.94mg (15.26%), Fiber: 3.79g (15.17%), Zinc: 2.15mg (14.36%), Folate: 56.52µg (14.13%), Vitamin B2: 0.22mg (13.21%), Iron: 1.96mg (10.91%), Vitamin B1: 0.16mg (10.47%), Vitamin E: 1.44mg (9.63%), Vitamin B3: 1.8mg (9%), Vitamin B5: 0.65mg (6.48%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.31µg (2.06%)