



WHATSheATE



HEALTH SCORE

100%

Quick and Easy Greek Spaghetti



Vegetarian



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 29 ounce tomatoes diced canned
- ☐ 2 ounces feta cheese crumbled to taste
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 8 ounce pasta like spaghetti

☐ 10 ounce pkt spinach fresh

Equipment

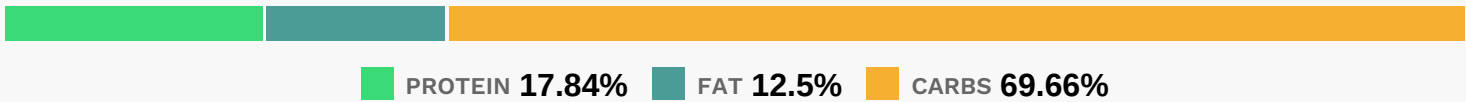
☐ sauce pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a rolling boil. Cook the spaghetti at a boil, stirring occasionally, until the tender yet firm to the bite, about 12 minutes; drain and set aside.
- ☐ Heat olive oil in a large saucepan over medium heat; cook and stir the spinach and mushrooms in the hot oil until they give off their liquid, about 10 minutes.
- ☐ Add the red wine vinegar and balsamic vinegar; bring to a boil. Stir the tomatoes, basil, parsley, and black olives into the boiling mixture; continue cooking and stirring, until the flavors blend, about 10 more minutes.
- ☐ Mix the cooked spaghetti into the tomato mixture and reduce heat to medium-low. Simmer the pasta and sauce until the flavors have blended, 8 to 10 minutes; stir the feta cheese into the pasta.
- ☐ Sprinkle with more feta cheese to serve.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:19.28, Inflammation Score:-10, Nutrition Score:34.34260844666%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 329.2kcal (16.46%), Fat: 4.66g (7.17%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 52.33g (19.03%), Sugar: 10.22g (11.36%), Cholesterol: 12.62mg (4.21%), Sodium: 523.21mg (22.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Vitamin K: 371.22µg (353.54%), Vitamin A: 7109.49IU (142.19%), Manganese: 1.39mg (69.56%), Selenium: 44.15µg (63.08%), Vitamin C: 41.9mg (50.78%), Folate: 180.86µg (45.21%), Vitamin B2: 0.63mg (37.1%), Potassium: 1131.05mg (32.32%), Magnesium: 120.42mg (30.1%), Copper: 0.6mg (29.78%), Iron: 5.32mg (29.55%), Vitamin B6: 0.57mg (28.46%), Phosphorus: 283.11mg (28.31%), Vitamin B3: 5.15mg (25.77%), Fiber: 6.05g (24.21%), Calcium: 226.6mg (22.66%), Vitamin E: 2.95mg (19.66%), Vitamin B1: 0.27mg (17.86%), Vitamin B5: 1.53mg (15.26%), Zinc: 2.21mg (14.71%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.17µg (1.13%)