



 **67%**
HEALTH SCORE

Raw Pasta with Marinara

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp garlic powder
- 1.5 tsp penzey's southwest seasoning italian
- 0.5 tsp onion flakes
- 1 dash vegan parmesan
- 2 tomatoes whole with juices) chopped
- 2 zucchini whole

Equipment

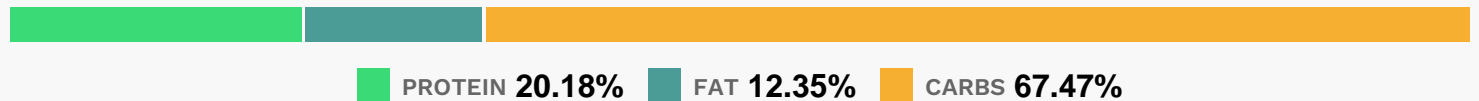
- food processor

- bowl
- blender
- grater

Directions

- Shred the zucchini using a cheese grater or a spiralizer and set aside. In a small food processor or blender, combine tomatoes, herbs and spices and whiz until evenly smooth. Taste, adding more spices and herbs to taste along with salt and pepper. Re-whiz. Toss zucchini slices with "pasta sauce" until well coated.
- Transfer to a bowl and add sliced cherry tomatoes, mushrooms or other raw vegetables. Top with a dash of vegan parmesan or nutritional yeast if desired. **Nutritional Information**
- Amount Per Serving
- Calories
- Fat
- 60g
- Carbohydrate
- NA Dietary Fiber3.70gSugars6.90gProtein3.60g

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:14.383913034816%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 66.58kcal (3.33%), Fat: 1.07g (1.64%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 8.98g (3.26%), Sugar: 8.66g (9.63%), Cholesterol: 0.34mg (0.11%), Sodium: 30.67mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin C: 52.89mg (64.11%), Vitamin A: 1443.68IU (28.87%), Manganese: 0.58mg (28.78%), Vitamin K: 26.59µg (25.33%), Potassium: 845.15mg (24.15%),

Vitamin B6: 0.46mg (22.93%), Folate: 70.95µg (17.74%), Fiber: 4.16g (16.63%), Magnesium: 54.11mg (13.53%),
Vitamin B2: 0.22mg (12.83%), Phosphorus: 114.81mg (11.48%), Copper: 0.19mg (9.62%), Vitamin B1: 0.14mg (9.61%),
Iron: 1.6mg (8.88%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.15mg (7.68%), Calcium: 74.61mg (7.46%), Zinc: 0.92mg
(6.14%), Vitamin B5: 0.54mg (5.44%), Selenium: 0.72µg (1.03%)