






 **49%**
HEALTH SCORE

Rose's Favorite Pasta

READY IN

45 min.

SERVINGS

4

CALORIES

571 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced canned
- 2 carrots chopped
- 1 chipotles in adobo
- 3 garlic clove minced
- 0.7 cup mushrooms chopped
- 0.7 cup mushrooms chopped
- 2 tablespoons olive oil
- 0.5 onion chopped

- 4 servings parmesan
- 12 ounces soup noodles
- 0.5 teaspoon salt
- 0.5 cup vegetable stock
- 2 small zucchini chopped

Equipment

- food processor
- frying pan
- blender

Directions

- Cook pasta according to package directions; drain.
- Heat oil in a large skillet over medium-high heat; add onion and garlic. Saut 3 minutes or until tender.
- Add carrot, zucchini, and mushrooms; cook 12 minutes or until tender.
- Add broth; cook 4 minutes or until reduced by half. Stir in tomato and chipotle pepper; cook 2 minutes. Stir in salt and black pepper.
- Process about 1 cup vegetable mixture in a blender or food processor until smooth, stopping to scrape down sides. Stir pureed mixture into remaining vegetable mixture; toss with pasta.
- Sprinkle with Parmesan cheese.
- Note: For a children's version, omit the chipotle pepper, and puree the entire vegetable mixture; toss with alphabet-shaped pasta.

Nutrition Facts



Properties

Glycemic Index:91.71, Glycemic Load:29.96, Inflammation Score:-10, Nutrition Score:29.585217211557%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 570.61kcal (28.53%), Fat: 16.72g (25.72%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 80.87g (26.96%), Net Carbohydrates: 73.75g (26.82%), Sugar: 11.69g (12.99%), Cholesterol: 20.4mg (6.8%), Sodium: 1058.04mg (46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Vitamin A: 5732.5IU (114.65%), Selenium: 64.64µg (92.34%), Manganese: 1.21mg (60.45%), Phosphorus: 470.07mg (47.01%), Calcium: 436.5mg (43.65%), Copper: 0.6mg (30.21%), Vitamin C: 24.21mg (29.34%), Fiber: 7.13g (28.5%), Vitamin B6: 0.52mg (25.93%), Potassium: 902.6mg (25.79%), Magnesium: 98.15mg (24.54%), Vitamin B2: 0.41mg (24.25%), Vitamin B3: 4.54mg (22.69%), Iron: 3.37mg (18.71%), Zinc: 2.78mg (18.55%), Vitamin E: 2.73mg (18.22%), Vitamin B1: 0.25mg (16.59%), Vitamin K: 17.12µg (16.3%), Vitamin B5: 1.5mg (15.03%), Folate: 58.86µg (14.72%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.21µg (1.43%)