



Rotelle with Roasted Corn, Braised Zucchini, Roasted Garlic, Oregano and Feta

READY IN



70 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ears roasted corn
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 0.3 cup roasted garlic cloves
- ☐ 4 servings salt and ground pepper black
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1 pound rotelle pasta or any spiral-shaped pasta
- ☐ 0.5 cup onion diced red
- ☐ 2 medium zucchini chopped

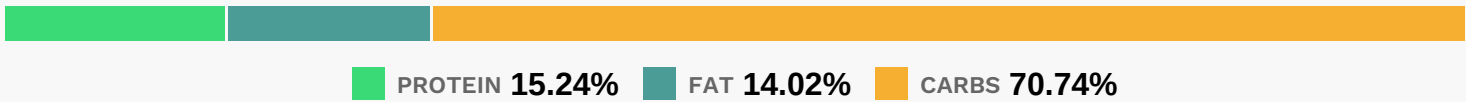
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Wrap corn in foil and roast in preheated oven for about 1 hour. This can be done in advance on a prep day.
- ☐ Cook rotelle according to package directions.
- ☐ Drain and reserve 1 cup of the cooking water.
- ☐ Transfer pasta to a large bowl.
- ☐ Meanwhile, heat oil in a large skillet over medium heat.
- ☐ Add corn cut from cob, zucchini and onion and saute for 3 minutes, until golden brown.
- ☐ Add oregano and cook 1 minute.
- ☐ Add broth and roasted garlic and bring to a simmer. Simmer 5 minutes.
- ☐ Pour mixture over pasta and toss to combine, adding cooking water, if necessary, to moisten pasta. Fold in parsley and season, to taste, with salt and black pepper.
- ☐ Transfer pasta to a serving platter and top with feta cheese.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:36.05, Inflammation Score:-8, Nutrition Score:25.725217549697%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 580.06kcal (29%), Fat: 9.14g (14.06%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 103.73g (34.58%), Net Carbohydrates: 97.34g (35.4%), Sugar: 9.37g (10.41%), Cholesterol: 16.69mg (5.56%), Sodium: 256.88mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.69%), Selenium: 76.68µg (109.55%), Manganese: 1.55mg (77.41%), Vitamin K: 42.35µg (40.33%), Phosphorus: 397.7mg (39.77%), Vitamin C: 28.29mg (34.29%), Vitamin B6: 0.62mg (30.99%), Magnesium: 105.9mg (26.47%), Fiber: 6.39g (25.56%), Copper: 0.49mg (24.46%), Vitamin B2: 0.38mg (22.56%), Potassium: 785.9mg (22.45%), Vitamin B3: 4.31mg (21.57%), Zinc: 2.92mg (19.47%), Folate: 77.21µg (19.3%), Vitamin B1: 0.28mg (18.62%), Calcium: 171.51mg (17.15%), Iron: 2.88mg (16%), Vitamin B5: 1.3mg (12.99%), Vitamin A: 538.23IU (10.76%), Vitamin B12: 0.38µg (6.26%), Vitamin E: 0.72mg (4.77%)