



Southwest Fettuccine Bowl

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz fettuccine barilla uncooked
- ☐ 1 serving olive oil cooking spray
- ☐ 1 cup salsa thick
- ☐ 0.3 cup corn frozen
- ☐ 0.3 cup water
- ☐ 2 tablespoons chili sauce
- ☐ 0.5 teaspoon ground cumin
- ☐ 15 oz black beans rinsed drained canned

☐ 0.3 cup cilantro leaves fresh chopped

Equipment

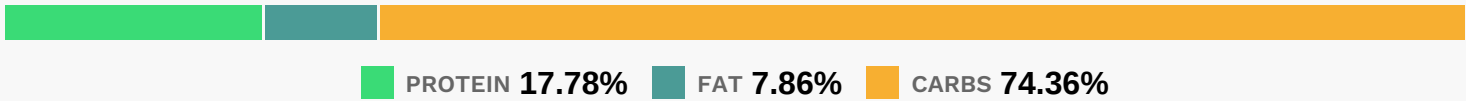
☐ bowl

☐ sauce pan

Directions

- ☐ Cook and drain fettuccine as directed on package. Spray fettuccine 2 or 3 times with cooking spray, tossing after each spray.
- ☐ Remove from saucepan; cover to keep warm.
- ☐ In same saucepan, mix remaining ingredients except cilantro. Cook over medium heat 4 to 6 minutes, stirring occasionally, until corn is tender.
- ☐ Divide fettuccine among 4 bowls. Top each with about 3/4 cup sauce mixture.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:16.96, Inflammation Score:-7, Nutrition Score:18.174782654513%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 355.06kcal (17.75%), Fat: 3.16g (4.86%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 67.26g (22.42%), Net Carbohydrates: 56.27g (20.46%), Sugar: 4.55g (5.06%), Cholesterol: 47.63mg (15.88%), Sodium: 949.36mg (41.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.16%), Selenium: 46.86µg (66.94%), Fiber: 11g (43.98%), Manganese: 0.84mg (42.01%), Phosphorus: 289.85mg (28.99%), Folate: 90.71µg (22.68%), Copper: 0.44mg (21.92%), Magnesium: 86.47mg (21.62%), Iron: 3.71mg (20.6%), Potassium: 711.34mg (20.32%), Vitamin B1: 0.29mg (19.41%), Vitamin B6: 0.33mg (16.73%), Vitamin B3: 2.95mg (14.76%), Vitamin B2: 0.22mg (12.89%), Zinc: 1.92mg (12.8%), Vitamin A: 473.61IU (9.47%), Vitamin B5: 0.89mg (8.9%), Calcium: 80.74mg (8.07%), Vitamin C: 6.58mg (7.98%), Vitamin E: 1.18mg (7.87%), Vitamin K: 6.52µg (6.21%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)