



Spaghetti with Zucchini and Beans

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15.5 oz great northern beans rinsed drained canned
- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 2 oz feta cheese crumbled
- 0.1 teaspoon pepper black
- 0.3 teaspoon kosher salt (coarse)
- 6 oz pasta like spaghetti uncooked
- 1 tablespoon tomato paste
- 0.3 cup water

3 cups zucchini chopped (2 medium)

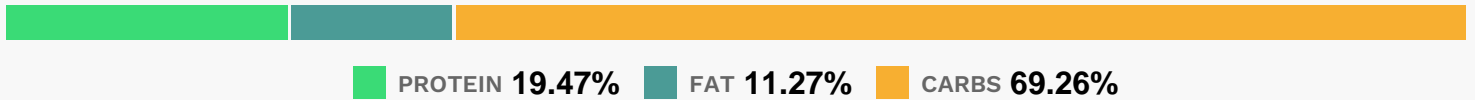
Equipment

frying pan

Directions

- Cook spaghetti as directed on package, omitting salt and oil; drain.
- Meanwhile, spray 12-inch skillet with olive oil cooking spray; heat over medium-high heat.
- Add zucchini; cook 5 minutes, stirring occasionally, until lightly browned. Stir in water, tomato paste, salt, pepper, beans and tomatoes. Cover; simmer 4 minutes or until thoroughly heated.
- On each of 4 plates, place about 2/3 cup spaghetti. Top each with 1 cup zucchini mixture and 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:13.48, Inflammation Score:-7, Nutrition Score:21.309130715287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 357.28kcal (17.86%), Fat: 4.57g (7.03%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 63.19g (21.06%), Net Carbohydrates: 54.31g (19.75%), Sugar: 6.39g (7.1%), Cholesterol: 12.62mg (4.21%), Sodium: 500.88mg (21.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.76g (35.52%), Manganese: 1.11mg (55.31%), Selenium: 34.01µg (48.59%), Fiber: 8.88g (35.52%), Vitamin C: 28.51mg (34.56%), Phosphorus: 335.83mg (33.58%), Folate: 132.2µg (33.05%), Magnesium: 111.29mg (27.82%), Potassium: 966.56mg (27.62%), Vitamin B6: 0.51mg (25.57%), Copper: 0.44mg (22.1%), Iron: 3.84mg (21.32%), Vitamin B2: 0.36mg (21.25%), Vitamin B1: 0.31mg (20.52%), Calcium: 186.17mg (18.62%), Zinc: 2.19mg (14.61%), Vitamin B3: 2.64mg (13.22%), Vitamin B5: 0.94mg (9.43%), Vitamin A: 427.4IU (8.55%), Vitamin K: 7.84µg (7.46%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.24µg (3.99%)