



Spaghetti with Zucchini and White Beans

 Vegetarian  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.8 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounces pasta like spaghetti uncooked
- ☐ 1 tablespoon tomato paste (such as Amore)
- ☐ 0.3 cup water

☐ 3 cups zucchini diced () (2 medium)

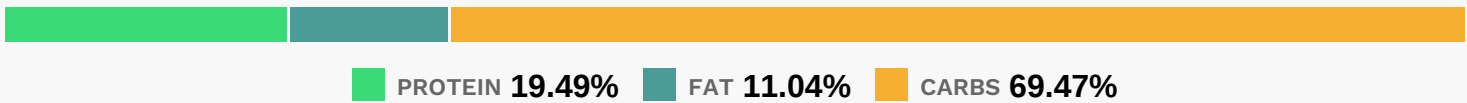
Equipment

☐ frying pan

Directions

- ☐ Cook spaghetti according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat a large nonstick skillet over medium–high heat; coat pan with cooking spray.
- ☐ Add zucchini to pan; cook 5 minutes or until lightly browned, stirring occasionally. Stir in water and next 5 ingredients; cover and simmer 4 minutes.
- ☐ Place pasta evenly on each of 4 plates. Top pasta evenly with zucchini mixture and cheese.
- ☐ Mixed Greens with Honey–Dijon Vinaigrette

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:15.59, Inflammation Score:-8, Nutrition Score:23.326086795848%

Flavonoids

Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 375.12kcal (18.76%), Fat: 4.73g (7.28%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 67.02g (22.34%), Net Carbohydrates: 57.11g (20.77%), Sugar: 8.47g (9.41%), Cholesterol: 12.62mg (4.21%), Sodium: 489.66mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Manganese: 1.22mg (61.19%), Selenium: 34.61µg (49.44%), Fiber: 9.91g (39.64%), Phosphorus: 352.08mg (35.21%), Folate: 139.06µg (34.77%), Vitamin C: 28.43mg (34.46%), Potassium: 1081.93mg (30.91%), Magnesium: 121.62mg (30.41%), Copper: 0.56mg (28.13%), Vitamin B6: 0.55mg (27.69%), Iron: 4.21mg (23.39%), Vitamin B1: 0.34mg (22.78%), Vitamin B2: 0.36mg (21.14%), Calcium: 190.38mg (19.04%), Vitamin B3: 3.18mg (15.89%), Zinc: 2.34mg (15.59%), Vitamin B5: 1.11mg (11.14%), Vitamin E: 1.64mg (10.94%), Vitamin A: 528.11IU (10.56%), Vitamin K: 10.3µg (9.81%), Vitamin B12: 0.24µg (3.99%)