



## Spicy Vegetables With Penne Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

### Ingredients

- 0.5 cup tomatoes dried
- 0.5 cup basil fresh chopped
- 1 cup mushrooms fresh sliced
- 2 garlic cloves minced
- 1 medium size bell pepper green chopped
- 26 ounce hot-and-spicy pasta sauce
- 2 tablespoons olive oil
- 12 ounces penne pasta uncooked

- 1 medium size bell pepper red chopped
- 0.5 teaspoon salt
- 2 medium size onions sweet chopped
- 0.5 cup water boiling
- 2 small zucchini chopped

## Equipment

- bowl
- frying pan

## Directions

- Stir together dried tomatoes and 1/2 cup boiling water in a bowl; let stand 30 minutes.
- Drain, chop, and set aside.
- Prepare pasta according to package directions; drain and set aside.
- Saut onions and next 5 ingredients in hot olive oil in a large skillet over medium-high heat 6 to 8 minutes or until vegetables are tender. Stir in chopped tomatoes.
- Stir in pasta sauce, and bring to a boil. Reduce heat to medium; stir in basil and salt, and simmer, stirring occasionally, 5 minutes.
- Serve over hot cooked pasta.
- Note: For testing purposes only, we used Newman's Own Fra Diavolo Sauce for hot-and-spicy pasta sauce.

## Nutrition Facts



**PROTEIN 13.14%** **FAT 16.81%** **CARBS 70.05%**

## Properties

Glycemic Index:43.5, Glycemic Load:18.87, Inflammation Score:-9, Nutrition Score:22.791304269563%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

## **Nutrients (% of daily need)**

Calories: 345.36kcal (17.27%), Fat: 6.63g (10.2%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 56.51g (20.55%), Sugar: 14.67g (16.3%), Cholesterol: 0mg (0%), Sodium: 3469.36mg (150.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin C: 150.16mg (182.01%), Selenium: 38.62µg (55.18%), Manganese: 1mg (49.85%), Vitamin B6: 0.65mg (32.28%), Potassium: 989.15mg (28.26%), Copper: 0.49mg (24.62%), Vitamin A: 1158.86IU (23.18%), Fiber: 5.66g (22.65%), Phosphorus: 223.58mg (22.36%), Vitamin K: 22.53µg (21.46%), Magnesium: 78.52mg (19.63%), Vitamin B2: 0.33mg (19.29%), Folate: 73.84µg (18.46%), Vitamin B3: 3.32mg (16.61%), Iron: 2.93mg (16.3%), Vitamin B1: 0.24mg (16.28%), Vitamin B5: 1.09mg (10.91%), Zinc: 1.58mg (10.5%), Vitamin E: 1.36mg (9.05%), Calcium: 70.14mg (7.01%)