



Spinach Fettuccine with Sauteed Vegetables, Artichoke Hearts, and Shredded Mozzarella

READY IN



21 min.

SERVINGS



4

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained cut in half canned
- ☐ 2 cups asparagus cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 medium carrots
- ☐ 1 cup cremini mushrooms sliced
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 1 cup part-skim mozzarella cheese shredded
- ☐ 0.5 cup onion red sliced
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces nests of spinach fettuccine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta according to the package directions.
- ☐ Drain, let cool to room temperature, transfer to a large zip-top plastic bag and seal. Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the onion and garlic and cook, stirring, for 1 minute.
- ☐ Add the asparagus, carrot, mushrooms, and artichoke hearts and cook, stirring a few times, until the vegetables are crisp-tender and the mushrooms release their juices, about 5 minutes.
- ☐ Add the salt and pepper and stir to coat.
- ☐ Let the pasta and vegetables cool to room temperature.
- ☐ Transfer them separately to large zip-top plastic bags or containers and refrigerate for up to 3 days or freeze up to 3 months. There's no need to thaw before continuing.
- ☐ Transfer the vegetables to a large saucepan and stir in the tomatoes. Set the pan over medium-high heat and bring to a simmer (or reheat both together in the microwave for about 3 minutes on HIGH).
- ☐ Add the fettuccine and simmer for 2 minutes to heat through (or microwave for an additional 2 minutes).
- ☐ Serve topped with the mozzarella.

Nutrition Facts



Properties

Glycemic Index:62.46, Glycemic Load:30.95, Inflammation Score:-10, Nutrition Score:34.553043572799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.48mg, Quercetin: 13.48mg, Quercetin: 13.48mg, Quercetin: 13.48mg

Nutrients (% of daily need)

Calories: 549.53kcal (27.48%), Fat: 12.46g (19.17%), Saturated Fat: 4.45g (27.78%), Carbohydrates: 87.04g (29.01%), Net Carbohydrates: 76.55g (27.84%), Sugar: 14.57g (16.19%), Cholesterol: 89.36mg (29.79%), Sodium: 1124.29mg (48.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.52%), Selenium: 78.8µg (112.58%), Vitamin A: 3670.16IU (73.4%), Manganese: 1.33mg (66.49%), Phosphorus: 468.38mg (46.84%), Copper: 0.86mg (43.1%), Fiber: 10.48g (41.93%), Vitamin K: 43.9µg (41.81%), Calcium: 349.19mg (34.92%), Iron: 5.92mg (32.9%), Vitamin B6: 0.65mg (32.31%), Potassium: 1115.9mg (31.88%), Vitamin C: 24.86mg (30.13%), Vitamin B1: 0.43mg (28.93%), Vitamin B3: 5.77mg (28.83%), Vitamin E: 4.21mg (28.04%), Magnesium: 111.1mg (27.77%), Vitamin B2: 0.46mg (27.27%), Folate: 99.11µg (24.78%), Zinc: 3.59mg (23.95%), Vitamin B5: 1.88mg (18.82%), Vitamin B12: 0.49µg (8.24%), Vitamin D: 0.36µg (2.38%)