

  
HEALTH SCORE 7%

## Springtime Spaghetti

READY IN



40 min.

SERVINGS



6

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 3 large carrots julienned
- 1 tablespoon optional: dill fresh chopped
- 2 teaspoons garlic minced
- 0.8 cup heavy whipping cream
- 0.8 cup parmesan cheese grated
- 8 ounces pasta like spaghetti
- 1 large zucchini julienned

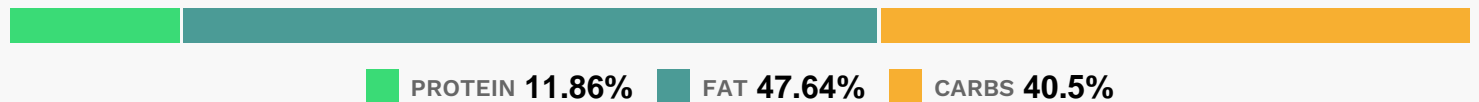
# Equipment

- frying pan
- pot

# Directions

- Bring a large pot of lightly salted water to a boil, cook spaghetti for 8 to 10 minutes, until al dente, and drain.
- Melt the butter in a skillet over medium heat, and saute the zucchini, carrots, and garlic until tender. Stir in the heavy cream, Parmesan cheese, and dill. Cook and stir until thickened.
- Mix with the cooked spaghetti to serve.

# Nutrition Facts



# Properties

Glycemic Index:33.14, Glycemic Load:12.75, Inflammation Score:-10, Nutrition Score:14.934347919796%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

# Nutrients (% of daily need)

Calories: 352.9kcal (17.65%), Fat: 18.86g (29.01%), Saturated Fat: 11.34g (70.88%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 33.3g (12.11%), Sugar: 4.95g (5.5%), Cholesterol: 54.53mg (18.18%), Sodium: 288.41mg (12.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.13%), Vitamin A: 6789.13IU (135.78%), Selenium: 29.49µg (42.13%), Manganese: 0.52mg (26.09%), Phosphorus: 203.7mg (20.37%), Calcium: 161.63mg (16.16%), Vitamin C: 12.31mg (14.92%), Vitamin B2: 0.2mg (11.54%), Potassium: 396.88mg (11.34%), Vitamin B6: 0.22mg (11.22%), Fiber: 2.78g (11.11%), Magnesium: 40.88mg (10.22%), Zinc: 1.42mg (9.47%), Copper: 0.17mg (8.27%), Vitamin K: 8.61µg (8.2%), Folate: 28.77µg (7.19%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.09mg (6.24%), Vitamin E: 0.79mg (5.27%), Iron: 0.91mg (5.04%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.22µg (3.74%), Vitamin D: 0.54µg (3.59%)