



 **36%**  
HEALTH SCORE

## Summer Pasta Bolognese

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beefsteak tomatoes chopped ( 3)
- 0.5 cup sauvignon blanc white wine dry white (such as Sauvignon Blanc)
- 12 ounces fettuccine barilla ( )
- 0.8 cup basil fresh
- 0.8 cup basil fresh
- 2 cloves garlic chopped
- 1 pound pd of ground turkey
- 4 servings salt and pepper

- 2 tablespoons olive oil
- 1 small zucchini grated

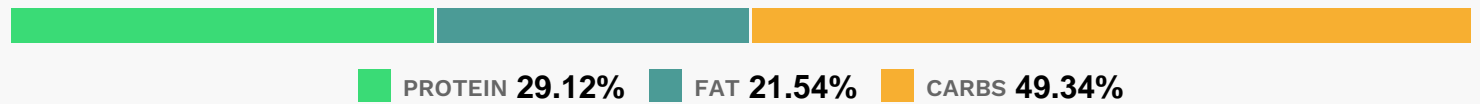
## Equipment

- frying pan

## Directions

- Cook the pasta according to the package directions. Meanwhile, heat the oil in a large skillet over medium heat.
- Add the turkey and season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Cook, breaking up the turkey with a spoon, for 3 minutes.
- Add the garlic and cook for 1 minute.
- Add the tomatoes and wine and simmer, stirring occasionally, until the turkey is cooked through and the sauce has slightly thickened, 4 to 5 minutes.
- Remove from heat and fold in the zucchini and basil.
- Serve over the pasta.

## Nutrition Facts



## Properties

Glycemic Index:66.75, Glycemic Load:27.47, Inflammation Score:-9, Nutrition Score:32.318260959957%

## Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

## Nutrients (% of daily need)

Calories: 579.3kcal (28.97%), Fat: 13.49g (20.75%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 69.49g (23.16%), Net Carbohydrates: 64.17g (23.33%), Sugar: 6.85g (7.61%), Cholesterol: 133.81mg (44.6%), Sodium: 281.1mg (12.22%), Alcohol: 3.1g (100%), Alcohol %: 0.88% (100%), Protein: 41.02g (82.05%), Selenium: 92.38µg (131.97%), Vitamin B3:

14.03mg (70.15%), Vitamin B6: 1.37mg (68.61%), Manganese: 1.11mg (55.45%), Vitamin K: 56.72µg (54.02%), Phosphorus: 521.75mg (52.17%), Vitamin A: 2031.87IU (40.64%), Vitamin C: 30.67mg (37.18%), Potassium: 1054.84mg (30.14%), Magnesium: 112.37mg (28.09%), Zinc: 4.1mg (27.35%), Copper: 0.47mg (23.68%), Fiber: 5.32g (21.27%), Vitamin B5: 2.01mg (20.13%), Vitamin B1: 0.3mg (19.81%), Iron: 3.41mg (18.94%), Folate: 72.5µg (18.12%), Vitamin E: 2.43mg (16.19%), Vitamin B2: 0.26mg (15.54%), Vitamin B12: 0.82µg (13.75%), Calcium: 73.73mg (7.37%), Vitamin D: 0.71µg (4.72%)