



Summer veggie pasta

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g soup noodles
- ☐ 175 g avarakkai / broad beans fresh (650g 1lb 7oz in their pods)
- ☐ 1 tbsp olive oil
- ☐ 1 large onion finely chopped
- ☐ 2 garlic clove chopped
- ☐ 2 large zucchini cut into sticks
- ☐ 6 plum tomatoes ripe cut into wedges
- ☐ 1 shot all the tabasco sauce you handle generous

☐ 1 handful basil shredded

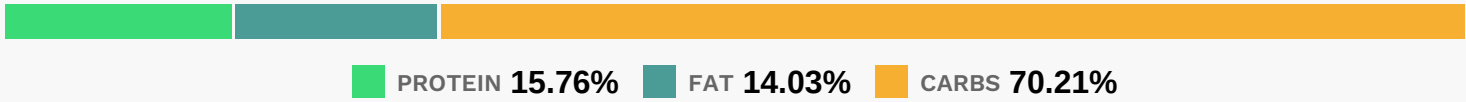
Equipment

☐ frying pan

Directions

- ☐ Cook the pasta according to packet instructions, adding fresh broad beans for the last 3 minutes (frozen for the last 2 minutes).
- ☐ While the pasta is cooking, heat the oil in a large frying pan, tip in the onion and cook over a medium heat for 1–2 minutes. Stir in the garlic and courgettes, toss over a medium heat for 2–3 minutes, then stir in the tomatoes and shake in the Tabasco. Stir for 2–3 minutes to soften the tomatoes a little (not too much or they will go mushy).
- ☐ Drain the pasta and beans.
- ☐ Toss the veggies and basil into the pasta and season with salt and pepper.
- ☐ Serve hot (or cold as a salad with a low-fat dressing).

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:21, Inflammation Score:-9, Nutrition Score:20.989130455515%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 327.33kcal (16.37%), Fat: 5.22g (8.03%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 51.37g (18.68%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 317.71mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Vitamin C: 53.41mg (64.74%), Manganese: 1.12mg (55.96%), Selenium: 33.46µg (47.8%), Fiber: 7.4g (29.62%), Folate: 115.39µg (28.85%), Potassium: 948.92mg (27.11%), Vitamin B6: 0.52mg (26.1%), Phosphorus: 247.55mg (24.75%), Vitamin A: 1149.48IU (22.99%), Magnesium:

89.61mg (22.4%), Copper: 0.42mg (21.12%), Vitamin K: 20.23µg (19.27%), Vitamin B2: 0.26mg (15.27%), Vitamin B1: 0.22mg (14.6%), Iron: 2.35mg (13.04%), Zinc: 1.92mg (12.79%), Vitamin B3: 2.53mg (12.64%), Vitamin E: 1.29mg (8.6%), Vitamin B5: 0.76mg (7.65%), Calcium: 74.54mg (7.45%)