



HEALTH SCORE

100%

Sun-Dried Tomato-Vegetable Pasta



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups angel hair hot cooked uncooked (8 ounces pasta)
- ☐ 12 ounce ready-to-eat broccoli coarsely chopped
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.5 cup basil leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 0.5 cup low-salt chicken broth
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 4 teaspoons pinenuts toasted
- ☐ 3 tablespoons romano cheese grated
- ☐ 2 tablespoons shallots chopped
- ☐ 3 ounce sun-dried tomatoes packed

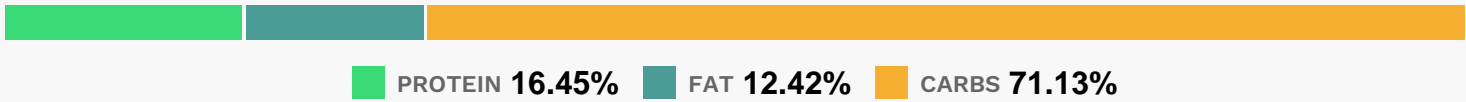
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Chop sun-dried tomatoes; set aside.
- ☐ Drop garlic through food chute with food processor on, and process until minced.
- ☐ Add basil; process until minced.
- ☐ Add cheese and pepper; process until blended. With the food processor on, slowly pour olive oil through food chute; process until well-blended. Set pesto aside.
- ☐ Steam mixed vegetables, covered, 4 minutes or until crisp-tender. Set steamed vegetables aside.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium heat until hot.
- ☐ Add sun-dried tomatoes and shallots; saut 3 minutes. Stir in broth and canned tomatoes; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes.
- ☐ Remove from heat; stir in pesto and steamed vegetables.
- ☐ Spoon pasta onto individual plates, and top with vegetable mixture; sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:28.91, Inflammation Score:-9, Nutrition Score:34.374347909637%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 447.7kcal (22.38%), Fat: 6.46g (9.93%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 83.25g (27.75%), Net Carbohydrates: 73.73g (26.81%), Sugar: 16.52g (18.36%), Cholesterol: 3.9mg (1.3%), Sodium: 245.89mg (10.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.49%), Vitamin C: 95.08mg (115.24%), Vitamin K: 116.2µg (110.66%), Manganese: 1.71mg (85.69%), Selenium: 52.16µg (74.51%), Potassium: 1540.18mg (44.01%), Copper: 0.81mg (40.65%), Fiber: 9.52g (38.1%), Phosphorus: 362.48mg (36.25%), Magnesium: 129.82mg (32.46%), Iron: 5.27mg (29.26%), Vitamin B3: 5.54mg (27.71%), Vitamin B6: 0.53mg (26.45%), Folate: 99.65µg (24.91%), Vitamin A: 1112.04IU (22.24%), Vitamin B1: 0.33mg (22.2%), Vitamin B2: 0.33mg (19.67%), Calcium: 165.9mg (16.59%), Vitamin E: 2.47mg (16.48%), Zinc: 2.43mg (16.17%), Vitamin B5: 1.59mg (15.94%), Vitamin B12: 0.07µg (1.19%)