



Tuscan Pasta



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons garlic powder mccormick®
- ☐ 0.5 teaspoon ground pepper black mccormick®
- ☐ 2 teaspoons penzey's southwest seasoning italian mccormick® perfect pinch®
- ☐ 8 ounce mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped

- ☐ 6 ounces soup noodles such as spaghetti or linguine
- ☐ 1 pound zucchini and/or squash yellow sliced

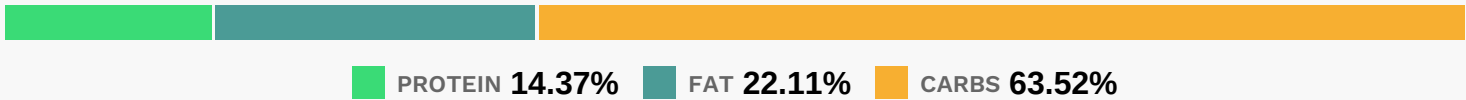
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix tomatoes, tomato sauce, sugar and seasonings in medium saucepan. Bring to boil on medium heat. Reduce heat to low; cover and simmer 20 minutes.
- ☐ Heat oil in large skillet on medium-high heat.
- ☐ Add zucchini, mushrooms and onion; cook and stir 4 minutes or until vegetables are tender-crisp. Stir tomato sauce into vegetables.
- ☐ Meanwhile, cook pasta as directed on package.
- ☐ Drain well.
- ☐ Place pasta in serving bowl.
- ☐ Add vegetable mixture; toss well.
- ☐ Sprinkle with shredded Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:12.68, Inflammation Score:-7, Nutrition Score:17.933478355408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 229.17kcal (11.46%), Fat: 6g (9.23%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 33.05g (12.02%), Sugar: 11.11g (12.34%), Cholesterol: 0mg (0%), Sodium: 364.8mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Manganese: 0.77mg (38.67%), Vitamin C: 30.03mg (36.4%), Selenium: 22.94µg (32.77%), Copper: 0.54mg (27.2%), Potassium: 920.26mg (26.29%), Vitamin B6: 0.48mg (23.81%), Fiber: 5.74g (22.94%), Vitamin B3: 4.23mg (21.17%), Vitamin E: 3.13mg (20.85%), Vitamin B2: 0.34mg (20.1%), Iron: 3.29mg (18.27%), Vitamin K: 18.63µg (17.74%), Phosphorus: 176.13mg (17.61%), Magnesium: 68.19mg (17.05%), Vitamin B1: 0.21mg (13.97%), Folate: 54.57µg (13.64%), Vitamin B5: 1.36mg (13.57%), Vitamin A: 611.79IU (12.24%), Zinc: 1.35mg (8.99%), Calcium: 84.36mg (8.44%)