

health-score100%

Vegan Avocado Pasta with Blackened Vegetables

Vegetarian Vegan Dairy Free Very Healthy

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 avocados pitted peeled chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 2 heads broccoli cut into 1-inch florets
- ☐ 1 cup cherry tomatoes halved
- ☐ 4 cilantro stems fresh to taste
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic peeled

- ☐ 2 juice of lime juiced
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds penne pasta
- ☐ 2 bell peppers red cut into 1/2-inch chunks
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 pinch sea salt to taste
- ☐ 1 onion yellow separated thinly sliced into rings, rings

Equipment

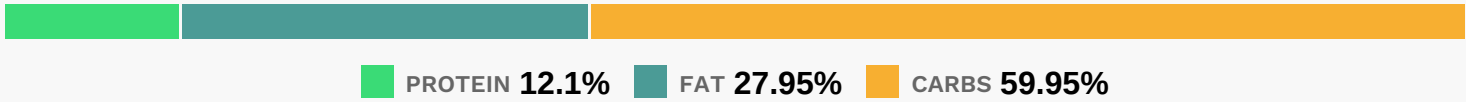
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Combine broccoli, red bell peppers, and yellow onion in a large bowl.
- ☐ Add olive oil, juice of 2 limes, and 1/2 teaspoon salt; toss to coat.
- ☐ Spread vegetables onto a baking sheet.
- ☐ Roast vegetables, stirring 1 or 2 times, in the preheated oven until edges begin to blacken, about 30 minutes.
- ☐ Remove from oven and cool slightly.
- ☐ Fill a large pot with water and 1/2 teaspoon salt; bring to a boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, until cooked through but still firm to the bite, about 11 minutes; drain.
- ☐ Blend avocados, juice of 2 limes, garlic, and 1/2 teaspoon salt in a food processor or blender until sauce is smooth, scraping down sides as needed.
- ☐ Add 1/2 cup chopped cilantro and pulse until just incorporated.

- ☐
- Gently toss pasta, roasted vegetables, and sauce together in a large bowl.
- ☐
- Garnish with cherry tomatoes, cilantro stems, sea salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:37.52, Inflammation Score:-10, Nutrition Score:39.500434751096%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 700.45kcal (35.02%), Fat: 22.45g (34.53%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 108.31g (36.1%), Net Carbohydrates: 92.87g (33.77%), Sugar: 8.73g (9.7%), Cholesterol: 0mg (0%), Sodium: 219.36mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Vitamin C: 192.12mg (232.87%), Vitamin K: 187.88µg (178.93%), Selenium: 76.25µg (108.93%), Manganese: 1.61mg (80.71%), Fiber: 15.44g (61.75%), Folate: 218.34µg (54.58%), Vitamin A: 2255.87IU (45.12%), Vitamin B6: 0.82mg (41.16%), Potassium: 1369.19mg (39.12%), Phosphorus: 387.73mg (38.77%), Magnesium: 129.36mg (32.34%), Vitamin E: 4.79mg (31.95%), Copper: 0.63mg (31.44%), Vitamin B5: 2.92mg (29.2%), Vitamin B3: 5.1mg (25.48%), Vitamin B2: 0.42mg (24.44%), Vitamin B1: 0.31mg (20.8%), Zinc: 3.02mg (20.13%), Iron: 3.52mg (19.56%), Calcium: 119.62mg (11.96%)