



Vegan Lemon Pepper Pasta



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 Pound asparagus cut into 1 inch pieces
- ☐ 4 servings juice of lemon as needed
- ☐ 1 Dash mrs sodium free lemon pepper seasoning as needed (See My Notes)
- ☐ 2 Tablespoons olive oil/vegetable oil ()
- ☐ 1 orange bell pepper red chopped (Pepper Used In The Original Recipe)
- ☐ 4 servings salt and pepper as needed
- ☐ 2 cups penne pasta whole wheat organic uncooked (I Used Nature's Promise Penne)

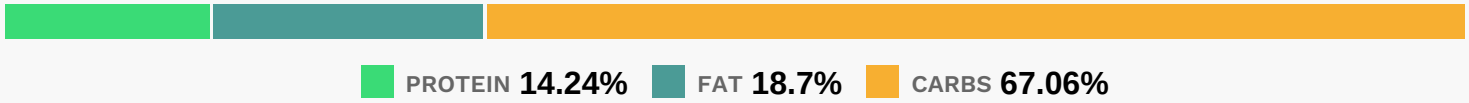
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.Meanwhile in a skillet, heat oil over medium-high heat.
- ☐ Add bell pepper, asparagus, lemon pepper, salt; cook, stirring occasionally until vegetables are crisp-tender.Stir in lemon juice and beans. Cook until beans are hot.
- ☐ Add pasta; toss with vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:15.149999784387%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

Nutrients (% of daily need)

Calories: 488.99kcal (24.45%), Fat: 10.02g (15.41%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 80.82g (26.94%), Net Carbohydrates: 69.25g (25.18%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 197.4mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin C: 50.24mg (60.89%), Vitamin K: 61.18µg (58.26%), Fiber: 11.57g (46.3%), Vitamin A: 1789.8IU (35.8%), Folate: 75.66µg (18.91%), Vitamin E: 2.33mg (15.54%), Iron: 2.57mg (14.29%), Vitamin B1: 0.18mg (12.12%), Copper: 0.22mg (11.11%), Vitamin B2: 0.19mg (11.03%), Manganese: 0.22mg (10.9%), Vitamin B6: 0.2mg (9.84%), Potassium: 307.66mg (8.79%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 67.94mg (6.79%), Magnesium: 20.39mg (5.1%), Zinc: 0.69mg (4.63%), Vitamin B5: 0.43mg (4.25%), Selenium: 2.65µg (3.79%), Calcium: 30.43mg (3.04%)