



Vegetable Party Spaghetti with Warm Garlic Thyme Olive Oil

 Vegetarian  Vegan  Dairy Free  Very Healthy  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups baby spinach chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup bell pepper green
- ☐ 2 teaspoons kosher salt

- ☐ 1 cup bell pepper red
- ☐ 1 pound barilla grain spaghetti whole
- ☐ 2 cups mushrooms white sliced
- ☐ 1 cup onion diced white finely
- ☐ 1 cup bell pepper yellow
- ☐ 2 cups baby squash yellow
- ☐ 2 cups zucchini sliced

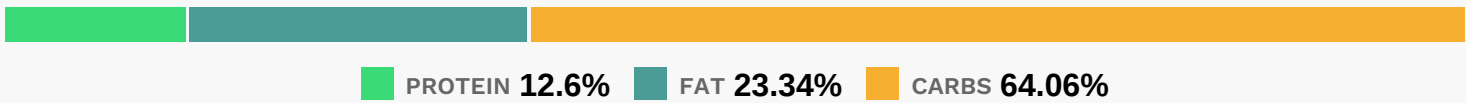
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook Barilla Spaghetti according to package directions.
- ☐ Drain and set aside.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Saute onions, zucchini, yellow squash, bell peppers, garlic, mushrooms and spinach until softened, about 5 minutes.
- ☐ Place cooked spaghetti noodles back into large pot. Stir in vegetables. Season with salt and pepper, stirring.
- ☐ Heat olive oil into a small saucepan over medium heat. Stir in garlic and fresh thyme. Stir and cook for 3 minutes, until hot.
- ☐ Pour over spaghetti and vegetables, stirring.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:18.45, Inflammation Score:-10, Nutrition Score:22.12173922036%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 8.32g (12.8%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 46.92g (17.06%), Sugar: 5.52g (6.14%), Cholesterol: 0mg (0%), Sodium: 600.9mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Vitamin C: 91.6mg (111.03%), Vitamin K: 63.59µg (60.56%), Selenium: 38.63µg (55.18%), Manganese: 0.91mg (45.39%), Vitamin A: 1947.72IU (38.95%), Vitamin B6: 0.41mg (20.5%), Folate: 71.68µg (17.92%), Fiber: 4.47g (17.87%), Phosphorus: 178.45mg (17.84%), Copper: 0.35mg (17.27%), Potassium: 579.22mg (16.55%), Magnesium: 63.31mg (15.83%), Vitamin B2: 0.26mg (15.41%), Vitamin B3: 2.69mg (13.46%), Vitamin E: 1.74mg (11.62%), Iron: 2.04mg (11.32%), Vitamin B1: 0.14mg (9.66%), Zinc: 1.35mg (8.99%), Vitamin B5: 0.87mg (8.68%), Calcium: 53.21mg (5.32%)