



## Vegetarian Italian Pasta Skillet Dinner

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups crumbles frozen sausage-style
- 1 cup mushrooms fresh sliced
- 0.5 cup onion coarsely chopped (1 medium)
- 18.5 oz savory vegetable light italian-style canned
- 2 oz farfalle pasta uncooked (farfalle)
- 2 cups baby spinach fresh
- 1 oz mozzarella cheese shredded

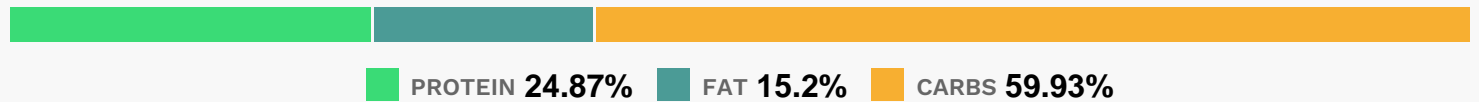
### Equipment

frying pan

## Directions

- In 12-inch nonstick skillet, cook soy crumbles, mushrooms and onion over medium-high heat 4 to 6 minutes, stirring frequently, until crumbles are hot and vegetables are tender.
- Stir in soup. Cover; heat to boiling. Stir in pasta; reduce heat to medium-low. Cover; simmer 10 minutes.
- Add spinach; cook uncovered 3 to 5 minutes, stirring occasionally, until spinach is hot and just begins to wilt.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:102.5, Glycemic Load:21.07, Inflammation Score:-10, Nutrition Score:42.389565384906%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

## Nutrients (% of daily need)

Calories: 425.61kcal (21.28%), Fat: 7.63g (11.74%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 51.92g (18.88%), Sugar: 4.28g (4.75%), Cholesterol: 11.2mg (3.73%), Sodium: 475.21mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.19%), Vitamin A: 16225.92IU (324.52%), Vitamin K: 145.41µg (138.49%), Vitamin B12: 4.88µg (81.41%), Vitamin B1: 1.1mg (73.57%), Fiber: 15.79g (63.15%), Manganese: 1.25mg (62.37%), Vitamin B3: 12.12mg (60.62%), Vitamin C: 39.67mg (48.09%), Vitamin B6: 0.89mg (44.57%), Phosphorus: 436.06mg (43.61%), Folate: 156.1µg (39.03%), Iron: 6.9mg (38.36%), Vitamin B2: 0.64mg (37.91%), Selenium: 26.34µg (37.63%), Potassium: 1111.8mg (31.77%), Magnesium: 112.82mg (28.2%), Copper: 0.53mg (26.73%), Zinc: 3.07mg (20.48%), Calcium: 183.43mg (18.34%), Vitamin B5: 1.36mg (13.57%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.15µg (1.02%)