



WHATSheATE



HEALTH SCORE

100%

Vegetarian Italian Pasta Skillet Dinner



Vegetarian



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

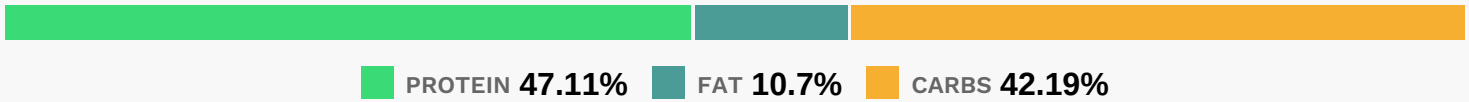
Equipment

☐ 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:46.565217723017%

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: 592.35kcal (29.62%), Fat: 7.72g (11.88%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 68.46g (22.82%), Net Carbohydrates: 51.22g (18.62%), Sugar: 3.68g (4.08%), Cholesterol: 11.2mg (3.73%), Sodium: 965.13mg (41.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.45g (152.9%), Vitamin A: 16225.92IU (324.52%), Vitamin K: 145.41µg (138.49%), Manganese: 2.32mg (116.11%), Phosphorus: 884.78mg (88.48%), Copper: 1.69mg (84.29%), Iron: 14.5mg (80.55%), Folate: 282.82µg (70.71%), Fiber: 17.25g (68.99%), Vitamin C: 39.67mg (48.09%), Selenium: 26.92µg (38.45%), Vitamin B1: 0.56mg (37.14%), Vitamin B2: 0.61mg (36.03%), Zinc: 5.37mg (35.81%), Magnesium: 140.9mg (35.22%), Vitamin B3: 6.81mg (34.06%), Calcium: 311.59mg (31.16%), Potassium: 1066.69mg (30.48%), Vitamin B6: 0.53mg (26.28%), Vitamin B5: 1.4mg (14%), Vitamin B12: 0.34µg (5.71%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.15µg (1.02%)