



Vitality veggie pasta

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g pappardelle
- ☐ 1 small butternut squash peeled seeded chopped
- ☐ 2 tbsp olive oil
- ☐ 1 small handful pinenuts
- ☐ 1 garlic clove finely chopped
- ☐ 4 large mushrooms sliced
- ☐ 250 g pkt spinach washed
- ☐ 4 servings pepper grated

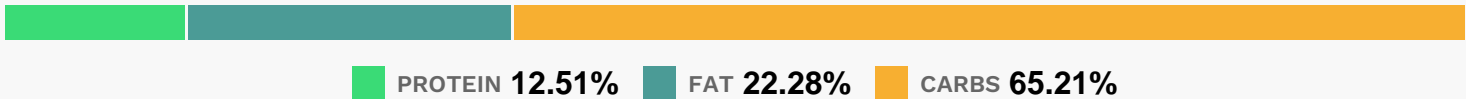
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Pour boiling water into a large saucepan, bring to the boil, then cook the pasta according to pack instructions. When the pasta has 5 mins left to cook, tip in the squash and cook with the pasta for the remaining time.
- ☐ While the pasta is cooking, heat half the oil in a large frying pan. Sizzle the pine nuts in the oil until they start to colour, stir in the garlic and cook for a moment just to soften.
- ☐ Add remaining oil, turn up the heat, add the mushroom and cook for 2–3 mins until they start to soften. Turn the heat to maximum, add spinach to the pan and cook for 1–2 mins until completely wilted.
- ☐ Drain the pasta and squash, then mix in with the vegetables until everything's nicely combined. Bring the pan to the table and let everyone help themselves. You could also pass round grated parmesan and chilli flakes if people want it.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:19.21, Inflammation Score:-10, Nutrition Score:37.082608658334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 414.13kcal (20.71%), Fat: 10.74g (16.53%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 70.76g (23.59%), Net Carbohydrates: 62.62g (22.77%), Sugar: 6.18g (6.86%), Cholesterol: 52.5mg (17.5%), Sodium: 104.22mg (4.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.15%), Vitamin A: 26423.77IU (528.48%), Vitamin K: 310.73µg (295.93%), Manganese: 1.55mg (77.66%), Selenium: 53.47µg (76.38%), Vitamin C: 57.67mg

(69.9%), Folate: 194.58µg (48.64%), Vitamin E: 6mg (39.98%), Magnesium: 155.24mg (38.81%), Potassium: 1277.96mg (36.51%), Fiber: 8.14g (32.55%), Vitamin B6: 0.62mg (31.05%), Phosphorus: 271.49mg (27.15%), Iron: 4.72mg (26.23%), Vitamin B3: 5.09mg (25.47%), Copper: 0.5mg (25.03%), Vitamin B1: 0.37mg (24.57%), Vitamin B2: 0.32mg (19.09%), Calcium: 182.51mg (18.25%), Vitamin B5: 1.73mg (17.28%), Zinc: 2.04mg (13.62%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.23µg (1.56%)