



Whole-Wheat Spaghetti with Arugula

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 cups arugula trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups spaghetti whole-wheat hot cooked uncooked (8 ounces pasta)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 ounces parmesan fresh grated
- ☐ 1.5 tablespoons red wine vinegar

- ☐ 0.8 teaspoon salt
- ☐ 1 cup tomatoes chopped

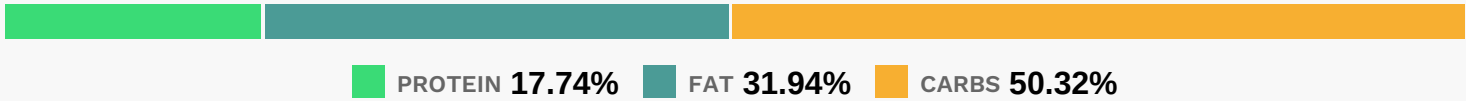
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat 1 tablespoon oil over medium-high heat in a Dutch oven.
- ☐ Add red pepper and garlic; saut 20 seconds.
- ☐ Add tomato and arugula; saute 2 minutes or until arugula is wilted. Spoon into a large bowl.
- ☐ Add 1 tablespoon oil, spaghetti, vinegar, salt, and black pepper; toss well.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:19.1, Inflammation Score:-9, Nutrition Score:25.548260946637%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 27.95mg, Kaempferol: 27.95mg, Kaempferol: 27.95mg, Kaempferol: 27.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 322.03kcal (16.1%), Fat: 12.05g (18.54%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 34.55g (12.56%), Sugar: 3.88g (4.31%), Cholesterol: 9.64mg (3.21%), Sodium: 693.71mg (30.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Manganese: 2.3mg (114.78%), Vitamin K: 96.14µg (91.57%), Selenium: 39.94µg (57.06%), Vitamin A: 2362.16IU (47.24%), Fiber: 8.17g (32.66%), Calcium: 325.47mg (32.55%), Phosphorus: 277.03mg (27.7%), Folate: 91.3µg (22.83%), Magnesium: 91.16mg (22.79%),

Vitamin C: 17.6mg (21.33%), Iron: 3.01mg (16.71%), Copper: 0.33mg (16.55%), Vitamin B1: 0.21mg (13.95%), Vitamin E: 2.06mg (13.71%), Potassium: 472.25mg (13.49%), Zinc: 1.99mg (13.28%), Vitamin B6: 0.23mg (11.68%), Vitamin B2: 0.19mg (11.13%), Vitamin B5: 1.05mg (10.47%), Vitamin B3: 1.52mg (7.61%), Vitamin B12: 0.17µg (2.83%)