



Ziti with Roasted Zucchini

 Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



814 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pound ziti cooked drained
- ☐ 1 cup basil fresh divided chopped
- ☐ 12 garlic cloves peeled halved
- ☐ 7 tablespoons olive oil divided
- ☐ 0.8 cup pecorino romano cheese grated
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 8 large shallots halved thinly sliced
- ☐ 2 pounds zucchini trimmed cut into 1/4-inch-thick rounds

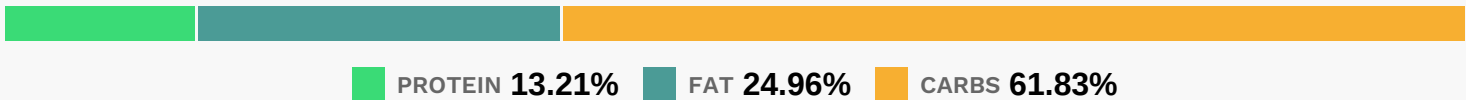
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400°F. Toss zucchini, garlic, shallots, 5 tablespoons oil, and crushed red pepper in bowl.
- ☐ Spread on 2 largerimmed baking sheets; sprinkle with salt and pepper. Roast vegetables until tender, turning occasionally, 30 to 35 minutes.
- ☐ Toss cooked pasta in large bowl with 1tablespoon oil.
- ☐ Transfer half of pasta (8 cups) to another bowl; cool, stirring occasionally. Cover; chill (reserve for mac and cheese).
- ☐ Place remaining pasta in large pot.
- ☐ Add roasted vegetables, 1/4 cup pasta cooking liquid, and 1 tablespoon oil; stir over medium heat until heated through.
- ☐ Add 3/4cup basil and cheese. Toss, adding reserved cooking liquid by tablespoonfuls to moisten if dry. Season with salt and pepper.
- ☐ Transfer pasta to large platter.
- ☐ Sprinkle pasta with remaining 1/4 cup basil.
- ☐ Per serving: 532 calories, 20 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:47.93, Inflammation Score:-8, Nutrition Score:27.890434883211%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 813.74kcal (40.69%), Fat: 22.58g (34.74%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 125.83g (41.94%), Net Carbohydrates: 118.17g (42.97%), Sugar: 10.62g (11.79%), Cholesterol: 13mg (4.33%), Sodium: 179.41mg (7.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.77%), Selenium: 98.97µg (141.39%), Manganese: 1.9mg (95.15%), Phosphorus: 470.14mg (47.01%), Vitamin C: 32.32mg (39.18%), Vitamin B6: 0.67mg (33.54%), Vitamin K: 33.91µg (32.29%), Magnesium: 123.78mg (30.95%), Fiber: 7.66g (30.66%), Copper: 0.59mg (29.26%), Potassium: 893.15mg (25.52%), Calcium: 219.93mg (21.99%), Zinc: 3.18mg (21.2%), Folate: 78.66µg (19.66%), Vitamin E: 2.84mg (18.95%), Iron: 3.37mg (18.72%), Vitamin B2: 0.3mg (17.47%), Vitamin B3: 3.43mg (17.13%), Vitamin B1: 0.24mg (16.17%), Vitamin A: 616.56IU (12.33%), Vitamin B5: 1.16mg (11.55%), Vitamin B12: 0.14µg (2.33%)