



Zucchini and Shells

READY IN



75 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 1 teaspoon basil dried
- 3 cloves garlic minced
- 0.3 cup olive oil
- 0.5 medium onion finely chopped
- 1 teaspoon oregano dried
- 8 ounce shells uncooked
- 0.1 teaspoon pepper red crushed
- 0.3 cup pecorino cheese grated

- 2 cups water
- 0.5 cup granulated sugar white
- 1 large zucchini cubed peeled

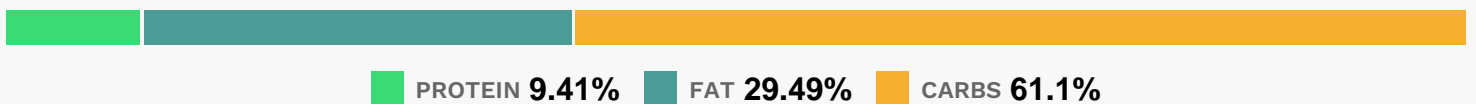
Equipment

- bowl
- sauce pan
- pot

Directions

- Heat the olive oil in a saucepan over medium heat. Stir in the onion and garlic, and cook until tender.
- Mix in zucchini and coat in the olive oil.
- Pour in tomato sauce and water. Season with oregano, basil, and red pepper. Dissolve sugar in the sauce. Reduce heat to low, and simmer 1 hour, stirring occasionally.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large bowl, mix sauce and cooked past shells. Top with cheese to serve.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:37.11, Inflammation Score:-8, Nutrition Score:17.233912916935%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 500.31kcal (25.02%), Fat: 16.76g (25.79%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 78.14g (26.05%), Net Carbohydrates: 73.32g (26.66%), Sugar: 32.95g (36.61%), Cholesterol: 6.5mg (2.17%), Sodium: 597.48mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Selenium: 38.12µg (54.46%), Manganese: 0.88mg (44.24%), Vitamin C: 23.63mg (28.64%), Vitamin E: 3.8mg (25.3%), Phosphorus: 223.09mg (22.31%), Vitamin K: 22.32µg (21.26%), Potassium: 702.14mg (20.06%), Fiber: 4.83g (19.3%), Vitamin B6: 0.38mg (18.8%), Copper: 0.37mg (18.63%), Magnesium: 69.44mg (17.36%), Iron: 2.68mg (14.88%), Vitamin A: 677.14IU (13.54%), Calcium: 131.17mg (13.12%), Vitamin B2: 0.22mg (12.9%), Vitamin B3: 2.46mg (12.3%), Folate: 44.25µg (11.06%), Zinc: 1.55mg (10.34%), Vitamin B1: 0.13mg (8.48%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.07µg (1.17%)