



Zucchini Fusilli

READY IN



40 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 large basil
- ☐ 2 tablespoons butter divided
- ☐ 0.8 pound rotini pasta
- ☐ 2 garlic clove
- ☐ 1 tablespoon olive oil divided
- ☐ 2 oz parmesan fresh shredded divided finely
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt divided
- ☐ 2 pounds zucchini

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of water to boil. Meanwhile, trim and discard ends of zucchini.
- ☐ Cut each zucchini into 3- to 4-in. lengths; cut each length into 1/4- to 1/2-in.-thick matchsticks and set aside. Chop garlic and set aside.
- ☐ Cut basil leaves into thin ribbons and set aside.
- ☐ In a large frying pan over medium heat, toast pine nuts, stirring, until golden, about 2 minutes.
- ☐ Transfer to a small bowl and set aside. In the same pan, melt 1 tbsp. butter with 2 tsp. olive oil. Increase heat to high and add half of the zucchini and 1/4 tsp. salt. Cook zucchini, stirring frequently, until soft and browned, about 5 minutes.
- ☐ Transfer zucchini to a plate with a slotted spoon, leaving as much of the butter and oil in the pan as possible. Repeat with remaining zucchini and 1/4 tsp. salt.
- ☐ Remove frying pan from heat and reserve.
- ☐ Add remaining 1 tbsp. salt and fusilli to boiling water and cook until pasta is tender to the bite, 5 to 10 minutes.
- ☐ Drain and transfer to a large bowl.
- ☐ Meanwhile, heat reserved frying pan over medium-high heat, add remaining 1 tsp. olive oil and the chopped garlic, and cook until fragrant but not browned, about 1 minute.
- ☐ Add reserved zucchini and pine nuts. Cook, stirring, until well combined.
- ☐ Add zucchini mixture and reserved basil to cooked fusilli and toss to combine.
- ☐ Add 1/2 cup parmesan and remaining 1 tbsp. butter. Toss until butter melts and everything is well combined. Divide among 6 plates or pasta bowls.
- ☐ Sprinkle with remaining 1/2 cup parmesan and serve immediately.

Nutrition Facts



 PROTEIN **14.29%**  FAT **35.15%**  CARBS **50.56%**

Properties

Glycemic Index:39, Glycemic Load:17.68, Inflammation Score:-7, Nutrition Score:17.662173957928%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 379.34kcal (18.97%), Fat: 15.04g (23.14%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 45.04g (16.38%), Sugar: 5.65g (6.28%), Cholesterol: 16.46mg (5.49%), Sodium: 391.08mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.51%), Manganese: 1.48mg (73.8%), Selenium: 38.51µg (55.01%), Vitamin C: 27.58mg (33.43%), Phosphorus: 276.42mg (27.64%), Magnesium: 81.11mg (20.28%), Vitamin B6: 0.36mg (17.82%), Copper: 0.35mg (17.61%), Potassium: 582.09mg (16.63%), Calcium: 153.67mg (15.37%), Vitamin K: 15.83µg (15.08%), Fiber: 3.64g (14.55%), Zinc: 2.05mg (13.66%), Vitamin B2: 0.23mg (13.4%), Folate: 50.42µg (12.6%), Vitamin A: 537.28IU (10.75%), Iron: 1.85mg (10.26%), Vitamin B1: 0.15mg (10.17%), Vitamin B3: 2.02mg (10.08%), Vitamin E: 1.42mg (9.44%), Vitamin B5: 0.63mg (6.32%), Vitamin B12: 0.12µg (2.02%)