



Zucchini-Mint Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 4 ounces feta cheese crumbled
- 0.5 cup mint leaves fresh thinly sliced
- 1 garlic clove minced
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest
- 2 tablespoons olive oil

- 0.3 cup parmesan cheese freshly grated
- 9 oz fettuccine pasta refrigerated cooked
- 2 shallots diced
- 0.5 cup walnuts toasted chopped
- 1.5 pounds zucchini sliced

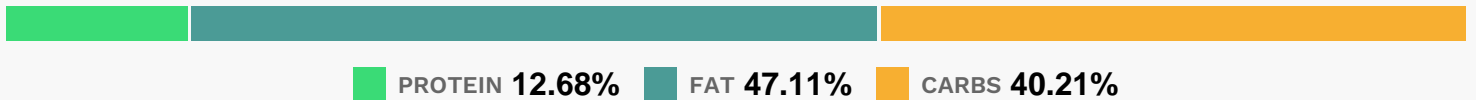
Equipment

- frying pan

Directions

- Melt butter with olive oil in a large nonstick skillet over medium-high heat; add shallots, and saut 2 minutes.
- Add zucchini; saut 5 minutes or until zucchini is tender. Stir in minced garlic, and cook 1 minute.
- Remove from heat; stir in lemon juice, lemon zest, kosher salt, and freshly ground black pepper. Toss in cooked pasta, fresh mint, walnuts, and Parmesan cheese.
- Sprinkle with feta cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:20.8, Inflammation Score:-8, Nutrition Score:24.730434871238%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 591.52kcal (29.58%), Fat: 31.66g (48.71%), Saturated Fat: 10.54g (65.89%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 55.05g (20.02%), Sugar: 7.57g (8.41%), Cholesterol: 45.72mg (15.24%), Sodium: 1080.36mg (46.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Manganese: 1.55mg (77.4%), Selenium: 48.16µg (68.81%), Vitamin C: 37.85mg (45.88%), Phosphorus: 386.51mg (38.65%), Vitamin B6: 0.64mg (31.87%), Vitamin B2: 0.5mg (29.65%), Copper: 0.56mg (27.81%), Calcium: 274.62mg (27.46%), Magnesium: 103.6mg (25.9%), Fiber: 5.78g (23.12%), Folate: 88.65µg (22.16%), Potassium: 771.05mg (22.03%), Zinc: 3.12mg (20.81%), Vitamin A: 933.58IU (18.67%), Vitamin B1: 0.25mg (16.39%), Iron: 2.63mg (14.6%), Vitamin K: 13.62µg (12.97%), Vitamin B3: 2.44mg (12.22%), Vitamin E: 1.65mg (11.01%), Vitamin B5: 1.08mg (10.84%), Vitamin B12: 0.58µg (9.59%)