



Zucchini Pasta

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces pasta uncooked
- 4 cups zucchini shredded (3 medium)
- 4 teaspoons olive oil
- 2 garlic clove thinly sliced
- 0.3 cup yogurt plain fat-free
- 0.3 cup yogurt plain fat-free
- 0.8 cup cheddar cheese shredded reduced-fat
- 0.8 teaspoon salt

0.3 teaspoon pepper

Equipment

- bowl
- frying pan
- sieve
- colander

Directions

- Cook linguine according to package directions. In a sieve or colander, drain the zucchini, squeezing to remove excess liquid. Pat dry.
- In a large nonstick skillet, saute zucchini in oil, 2 minutes.
- Add garlic; cook and stir until zucchini is tender, 1-2 minutes longer.
- Transfer to a large bowl.
- Add yogurt, cheese, salt and pepper.
- Drain linguine; add to zucchini mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:11.71, Inflammation Score:-4, Nutrition Score:9.913043409586%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 215.43kcal (10.77%), Fat: 4.54g (6.98%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 30.94g (11.25%), Sugar: 4.73g (5.25%), Cholesterol: 3.37mg (1.12%), Sodium: 401.97mg (17.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Selenium: 26.98µg (38.55%), Manganese: 0.52mg (26.15%), Phosphorus: 204.93mg (20.49%), Vitamin C: 15.29mg (18.54%), Calcium: 122.8mg (12.28%), Vitamin B6: 0.22mg (10.91%), Vitamin B2: 0.18mg (10.63%), Potassium: 366.64mg (10.48%), Magnesium: 41.45mg

(10.36%), Zinc: 1.27mg (8.44%), Fiber: 2.08g (8.31%), Copper: 0.16mg (8.17%), Folate: 30.69µg (7.67%), Vitamin B1: 0.08mg (5.65%), Vitamin B3: 1.06mg (5.28%), Vitamin K: 5.48µg (5.22%), Iron: 0.92mg (5.1%), Vitamin B5: 0.5mg (4.95%), Vitamin A: 196.55IU (3.93%), Vitamin E: 0.53mg (3.57%), Vitamin B12: 0.19µg (3.23%)