



Zucchini Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.3 cup olive oil
- 0.5 cup parmesan cheese grated
- 1 pinch pepper red crushed
- 1 pound rotini pasta
- 8 servings salt and pepper to taste
- 5 small zucchini sliced

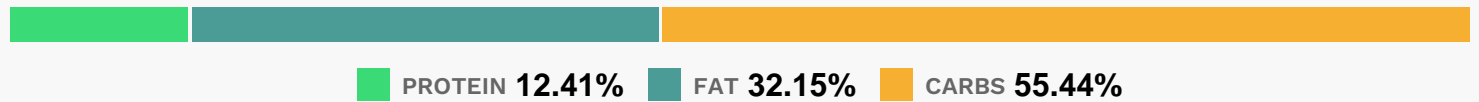
Equipment

- frying pan
- sauce pan
- pot

Directions

- 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 and reserve.
- Fill a medium sauce pan with lightly salted water.
- Add zucchini and bring to a boil; boil for 10 minutes or until tender.
- In a large skillet, saute garlic in oil and hot pepper flakes.
- Add drained zucchini and parsley, then mix all together and simmer for 5 to 10 minutes. Toss with pasta; then add cheese and salt and pepper to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:17.42, Inflammation Score:-6, Nutrition Score:13.342608662403%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 331.93kcal (16.6%), Fat: 11.87g (18.26%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 43.4g (15.78%), Sugar: 3.4g (3.78%), Cholesterol: 5.44mg (1.81%), Sodium: 314.51mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.61%), Selenium: 38.39µg (54.84%), Vitamin K: 49.79µg (47.42%), Manganese: 0.69mg (34.28%), Vitamin C: 16.99mg (20.6%), Phosphorus: 178.59mg (17.86%),

Magnesium: 47.16mg (11.79%), Vitamin B6: 0.23mg (11.34%), Copper: 0.21mg (10.7%), Fiber: 2.67g (10.68%), Vitamin E: 1.5mg (10.02%), Potassium: 350.67mg (10.02%), Zinc: 1.35mg (9.01%), Calcium: 85.37mg (8.54%), Vitamin A: 416IU (8.32%), Folate: 32.13µg (8.03%), Vitamin B2: 0.13mg (7.6%), Iron: 1.27mg (7.07%), Vitamin B3: 1.35mg (6.73%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.43mg (4.34%), Vitamin B12: 0.08µg (1.41%)