



Zucchini Ribbon Pasta

READY IN



40 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup basil leaves plus more for garnish thinly sliced
- 0.8 pound fettuccini whole-wheat
- 4 cloves garlic chopped
- 0.5 teaspoon ground pepper fresh black
- 1 cup chicken broth low-sodium
- 3 tablespoons olive oil
- 1 ounce parmesan packed grated (lightly)
- 0.3 cup parsley leaves finely minced plus more for garnish
- 0.5 teaspoon pepper flakes red

- 4 servings salt
- 1 pound zucchini green
- 1 pound zucchini yellow

Equipment

- bowl
- knife
- pot
- mandoline

Directions

- Watch how to make this recipe.
- In a large pasta pot, cook pasta "al dente", 1 or 2 minutes less than the package instructions call for.
- Drain.
- Meanwhile, slice off ends of zucchini and discard.
- Cut zucchini in half lengthwise. Using a mandoline, or carefully with a sharp knife, slice zucchini into very thin (about 1/8-inch) slices, trying to keep some skin on each piece for color. Stack slices and cut in half lengthwise. Reserve zucchini ribbons in a large bowl.
- In the pasta pot, heat the olive oil over low-medium heat.
- Add garlic and cook until soft and translucent but not browned, about 1 minute.
- Add zucchini ribbons and 1/4 cup chicken broth, raise heat to medium-high and cook until zucchini is still somewhat firm but just cooked, about 3 minutes. Return pasta to pot and add remaining chicken stock; cook for 2 to 3 minutes, until liquid has mostly absorbed into the pasta.
- Add 1/4 cup of the Parmesan, parsley, basil, red pepper flakes, black pepper and toss to combine. Season with salt, to taste.
- Serve garnished with additional parsley, basil and the remaining 2 tablespoons of cheese.

Nutrition Facts



■ PROTEIN 14.86% ■ FAT 30.35% ■ CARBS 54.79%

Properties

Glycemic Index:66.25, Glycemic Load:26.62, Inflammation Score:-9, Nutrition Score:29.886521940646%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 504.17kcal (25.21%), Fat: 17.32g (26.65%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 70.36g (23.45%), Net Carbohydrates: 64.81g (23.57%), Sugar: 7.51g (8.35%), Cholesterol: 76.26mg (25.42%), Sodium: 368.94mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Vitamin K: 124.24µg (118.33%), Selenium: 69.58µg (99.4%), Manganese: 1.29mg (64.68%), Vitamin C: 49.26mg (59.71%), Phosphorus: 370.03mg (37%), Vitamin B6: 0.62mg (31.13%), Vitamin A: 1375.14IU (27.5%), Potassium: 922.49mg (26.36%), Magnesium: 101.75mg (25.44%), Folate: 91.47µg (22.87%), Copper: 0.45mg (22.53%), Fiber: 5.55g (22.2%), Vitamin B2: 0.35mg (20.38%), Vitamin B3: 3.81mg (19.04%), Zinc: 2.76mg (18.42%), Iron: 3.32mg (18.42%), Calcium: 177.44mg (17.74%), Vitamin B1: 0.26mg (17.51%), Vitamin E: 2.3mg (15.34%), Vitamin B5: 1.33mg (13.27%), Vitamin B12: 0.39µg (6.51%), Vitamin D: 0.29µg (1.94%)