



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Lunch Pasta-bilities ♦♦

A delicious gluten-free pasta recipe that is perfect for lunch. This recipe is made with Heartland's Gluten Free pasta, which is made from high-quality ingredients and has a great taste and texture. It is a versatile recipe that can be customized with your favorite ingredients and flavors.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

300 g	heartland's gluten free pasta
2 tbsp	Olive oil
2 cloves	garlic
1 c	Cherry Tomatoes

2 c	spinach
4 tbsp	Parmesan Cheese
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Cook the Heartland's Gluten Free pasta according to the package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add cherry tomatoes to the skillet and cook until they start to burst.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Sautéing

Add spinach to the skillet and cook until wilted.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Stirring

Add cooked pasta to the skillet and toss to combine. Season with salt and black pepper.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Plating

Serve the pasta with grated Parmesan cheese on top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Gluten-Free Diet

The Gerson Therapy

The Scarsdale Diet

Meal Type

Breakfast

Lunch

Course

Salads

Snacks

Cultural

Chinese New Year

Ramadan

Easter

Cost

Under \$10

Demographics

Senior Friendly

Heart Healthy

Difficulty Level

Medium

Visit our website: healthdor.com