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Bow Ties with Veggies ♦♦

A delicious vegetarian recipe that combines bow tie pasta with a variety of fresh vegetables. Perfect for a healthy and satisfying meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	bow tie pasta
150 g	broccoli florets
100 g	Carrots
100 g	Red Bell Pepper
2 tbsp	olive oil
2 cloves	garlic

1 tsp	salt
1 tsp	black pepper
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the bow tie pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large pan, 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 broccoli florets, sliced carrots, and diced red bell pepper to the pan. Sauté until vegetables are tender-crisp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stirring

Season with salt and black pepper to taste. Stir in cooked bow tie pasta and toss to combine.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot, garnished with grated Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	50 iu	5.56%	7.14%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
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%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian Chinese

Course

Drinks Salads Sauces & Dressings

Cooking Method

Steaming Serving Stir-frying Sprinkling Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Irritable bowel syndrome (IBS) Celiac disease Diverticulitis Hemorrhoids
Pancreatitis Gastroenteritis Hepatitis

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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