

Recipe Analyzer Results

A single serving of this recipe has 531 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 531

% Daily Value*

Total Fat 9g 12%

Saturated Fat 3.9g 19%

Cholesterol 20mg 7%

Sodium 115mg 5%

Total Carbohydrate 91.6g 33%

Dietary Fiber 9.2g 33%

Total Sugars 10.7g

Protein 24g

Vitamin D 0mcg 0%

Calcium 363mg 28%

Iron 9mg 48%

Ingredients:

- 1 package (375 g) whole grain rotini or fusilli
- 10 ml (2 tsp) extra virgin olive oil
- 1 zucchini, grated
- 1 carrot, grated
- 1/2 red bell pepper, finely sliced
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) dried basil
- 1 jar (700 mL) passata (uncooked strained tomato purée)
- 125 ml (1/2 cup) water
- 45 ml (3 tbsp) chopped fresh parsley or basil
- 250 ml (1 cup) light ricotta cheese

Potassium 423mg

9%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**