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I'm on a low-carb diet, and I was a little worried when we were invited to a celebratory dinner tonight in Babbo, because Italian usually means pasta, and that means carbs. Well, they have a number of healthy, low-carb selections! The Chicken Limone with zucchini noodles instead of pasta was fantastic. Mista salad also fantastic. I must mention, our server was probably the most professional we found in Arizona. In total, fantastic night tonight in Babbo, and I wanted to share the healthy choices. Alle Marken » Babbo Restaurant Keine Lebensmittel gefunden fcaotodigital/Getty Images Do you like to enjoy Italian food when you dine outside? Many healthy eaters love to eat pasta, pizza, and other popular dishes. But what about lower-calorie Italian foods? Is there anything healthy in your favorite Italian restaurant? Or should you consider your night at the pizzeria or joint pasta part of your cheat day? Fortunately, there are many ways to enjoy nutritious Italian food when you go out. It probably won't come as a surprise that the hungry, creamy pasta dishes you see on most Italian menus won't do much for your waistline. And pizza picks at many casual Italian restaurants are often loaded with salty, fatty meats, and fattened cheese covers. While it is acceptable to enjoy these dishes from time to time, in moderation, there are plenty of healthy and tasty alternatives. Many fresh Italian starters are made with savoury vegetables such as tomatoes, zucchini, or eggplant, and good sources of fat, such as olives or olive oil. If you keep small portion sizes, you can enjoy an antipasto salad or vegetable soup (such as minestrone), a small course of pasta, and a lean starter of meat and vegetables. If you are watching your caloric intake, share each course with the dinner date. This way you can enjoy each traditional food and still keep your healthy eating plan on track. The following nutritional information is provided by the USDA FoodData Central for a cup (248g) of spaghetti and meatballs. Calories: 332Fat: 11.1gSodium: 682mgCarbohydrates: 42.7gFiber: 4gSugars: 5.9gProtein: 14.3g Almost everyone orders pasta when visiting an Italian restaurant. Spaghetti tops the list as an all-time favorite. Calories in a single cup of the salty dish won't derail your diet, but how often do you eat only a single cup? Italian food nutrition will also depend on where you choose dinner. If you visit L'Hort de l'Oliva and order spaghetti with traditional marinara sauce and (3) Meatballs (3) you will consume almost 700 calories and about 50 grams of fat if you eat all the food. Fettuccine Alfredo, for example, contains 1010 calories and 56 grams of fat. Lasagna Classico provides 640 calories and 36 grams of fat, and Eggplant Parmigiana 1060 and 54 grams of fat. When you save your meal in an Italian restaurant, focus on protein and vegetables to make your food more diet-friendly. Pay Pay portion size is essential. Some starter portions or snacks are large enough to split between multiple diners. Lightly clothed salads and broth-based soups are likely to be lower in calories. Pasta and fagioli (traditional pasta and bean soup) is often plentiful enough to be a full meal. If you like pasta, then enjoy a small dish. Pasta dishes that slip slightly into oil and topped with seafood (prawns, scallops or salmon) and grilled vegetables are generally the best options. Order whole grain paste if available to increase your fiber intake. If you have been looking for selections that include grilled or roasted meats and vegetables. Poultry and seafood dishes are popular in many Italian restaurants and are likely to be lower in calories than beef tenderloins or breaded fats. Vegetarian starters such as grilled eggplant are also nutritious options. While most Italian dishes are made of healthy, fresh ingredients, that doesn't mean each dish has an impressive nutritional profile. If your favorite restaurant serves breadsads when you sit at the table, set aside or ask the server to remove them. Save the starch calories for the meal. And when scanning the menu, keep in mind the words like alfredo or carbonara, since these sauces are almost entirely made of fat. You should also avoid sausages and cured sausages, especially if you are on a low sodium diet. These salty meats are very high in both salt and fat. Finally, consider portions of food if visiting an Italian restaurant serving family-style meals. It is easy to eat when large bowls of food are placed in front of you. Some restaurants even have bottomless starters and fill the bowls while eating. If you dine family style, fill the dish once and then savor the food. Extras can be enjoyed at lunchtime the next day. A great way to enjoy nutritious Italian food is to cook your own at home. It's easier to make low-calorie Italian food in your own kitchen. Try any of these recipes: You can also try this chef-designed recipe famous for healthy Italian cuisine. MasterChef fourth season winner Luca Manfe offers this recipe from his book My Italian Kitchen. Grilled vegetables With All-Parsley Pesto 4 Italian aubergine (about 1 pound / 450 grams each), peeled and cut longitudinally 1/8 inches (3 millimeters) thickSalt2 cups (480 milliliters) extra virgin olive oil, in addition to cooking the vegetables2 medium summer pumpkin, cut lengthwise 1/8 inches (3 millimeters) thick2 medium zucchini, cut lengthwise 1/8 inches (3 millimeters) thick Little ground black pepper7 ounces (about 1 cup; 200 grams) anchovies in olive oil6 garlic cloves, peeled and broken2 finely grated tablespoons of lemon 1/2 cup (120 milliliters) fresh lemon juice1 cup (20 grams) chopped fresh parsley Prepare the vegetables: Line 2 baking sheets with a double layer of paper towels and place the aubergine slices on them. Sprinkle lightly with salt. This it is called disgorgement; it helps to remove moisture from the aubergine so that when cooked it will get crisp instead of soggy. Plug some olive oil into a large sauté or grill pan and clean the pan with a paper towel. Place over the medium-high flame and heat it until they screamed hot. Set enough vegetables to fill the pan and cook for 3 to 4 minutes, until golden brown and turning translucent. Plug in additional olive oil over the vegetables and cook for another 3 to 4 minutes, until golden on the second side. Transfer to a baking tray lined with parchment paper (if all your baking sheets are being used for eggplant, use a dish or a few dishes). Season very lightly with salt and pepper. Continue cooking the pumpkin and zucchini in batches in the same way until all the slices are cooked. Note that the pan will get hotter as you continue cooking and the vegetables can burn if you don't keep a watchable eye; you may need to lower the heat a little and cook for a minute or less on each side. Pat the aubergine slices with paper towels and cook them in the pan just as you cook the pumpkin and zucchini, except you'll need about twice as much oil. Prepare the marinade: In a food processor, combine the olive oil, anchovies, garlic, lemon zest and juice, parsley, and 1 teaspoon of black pepper. Mix for a minute or so. As you may have noticed, we are not adding any salt to the marinade, as the anchovies are already very salty. Arrange a layer of varied vegetables in a glass casserole or baking dish. Cover with some of the marinade and repeat with additional layers of vegetables and marinade until all the vegetables have been used. Cover and refrigerate overnight before serving. Opening hours: Monday to Sunday from 9 a.m. to 10 p.m. Phone: 602-279-1500 6855 N 16th St, Phoenix, AZ, USA 85016 Yelp Rating: ★ ★ ★ ★ Babbo Italian Eatery, a locally owned restaurant with 8 Valley locations, serves Italian classics and modern Italian cuisine. About Pst-Thu 12pm-8pm Fri-Des 12pm-8pm Hours may vary depending on location. Chicken \$13.95 Brown Rice, Red Quinoa, Broccoli, Yellow Pumpkin, Zucchini and Carrots topped with a sweet and spicy honey chili glaze with your choice of protein. Prawns \* Brown Rice from \$15.50, Red Quinoa, Broccoli, Yellow Pumpkin, Zucchini and Carrots topped with a sweet and spicy honey chili glaze with your choice of protein. Babbo, 1 tasting menuCalories: 1500 •Carbohydrates: 0g •Fat: 0g •Protein: 0gBabbo, 100 grammiCalories: 583 •Carbohydrates: 44g •Fat: 42g •Protein: 7gMazzios Italian food, 4 sticksCalories: 626 •Carbohydrates: 70g •Fat: 36g •Protein: 5gSer Italian deMazzio, 2 ravioliCalories: 118 •Carbohydrates: 13g •Fat: 5g •Protein: 5gSamuel Mancino's Italian Eatery, sandwichCalories: 800 •Carbohydrates: 80g •Fat: 30g •Protein: 40gMazzios Italian cuisine, 1 slicesCalories: 307 •Carbohydrates: 31g •Fat : 14g •Protein: 13gMazzios Italian food, 1 sliceCalories: 179 •Carbohydrates: 18g •Fat: 8g •Protein: 10g Italian deJoe food, 0.25 loafCalories: 61 •Carbohydrates: 9g •Fat: 2g •Protein: 3gbiscotti, 3gbiscotti, grammoCalories: 539 •Carbohydrates: 66g •Fat: 28g •Protein: 6g 6g

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