



California Primavera

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

376 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 5 mushrooms fresh sliced
- ☐ 16 ounce vegetables mixed frozen
- ☐ 2 cloves garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 1 teaspoon salt
- ☐ 6 ounces pasta like spaghetti

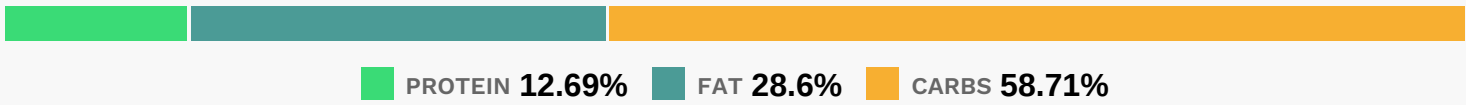
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook spaghetti pasta until al dente.
- ☐ Drain.
- ☐ Meanwhile, in a large skillet heat olive oil over medium heat.
- ☐ Add onion, garlic, basil, sliced mushrooms, and chopped tomatoes and cook for 5 minutes. Stir in California-style vegetables, salt, and ground black pepper. Cook for approximately 10 minutes, stirring often, until vegetables are tender and crisp.
- ☐ Pour vegetable mixture over cooked and drained pasta. Toss well.
- ☐ Sprinkle with grated Parmesan cheese and serve.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:20.39, Inflammation Score:-10, Nutrition Score:22.441304167976%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 376.41kcal (18.82%), Fat: 12.49g (19.21%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 57.69g (19.23%), Net Carbohydrates: 49.22g (17.9%), Sugar: 6.91g (7.68%), Cholesterol: 1.09mg (0.36%), Sodium: 797.2mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.93%), Vitamin A: 6017.52IU (120.35%), Manganese:

0.94mg (46.76%), Selenium: 31.02µg (44.31%), Fiber: 8.46g (33.85%), Vitamin C: 23.63mg (28.64%), Copper: 0.51mg (25.57%), Phosphorus: 217.39mg (21.74%), Vitamin B3: 4.34mg (21.69%), Potassium: 752.73mg (21.51%), Vitamin B6: 0.39mg (19.55%), Vitamin E: 2.86mg (19.08%), Vitamin B1: 0.29mg (19.04%), Magnesium: 75.63mg (18.91%), Iron: 3.25mg (18.05%), Vitamin B2: 0.29mg (16.89%), Folate: 61.95µg (15.49%), Vitamin K: 14.17µg (13.49%), Zinc: 1.63mg (10.84%), Vitamin B5: 1.07mg (10.65%), Calcium: 92.55mg (9.26%)