



Classic Pasta Primavera

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound angel hair pasta
- ☐ 1 small bunch broccoli
- ☐ 1 small zucchini diced
- ☐ 4 asparagus spears
- ☐ 0.5 cup peas fresh
- ☐ 0.5 cup snow peas
- ☐ 3 garlic cloves minced
- ☐ 3 roma diced seeded

- ☐ 12 basil leaves chopped
- ☐ 4 tablespoons butter
- ☐ 0.3 cup chicken broth for vegetarian option (use vegetable broth)
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 servings salt

Equipment

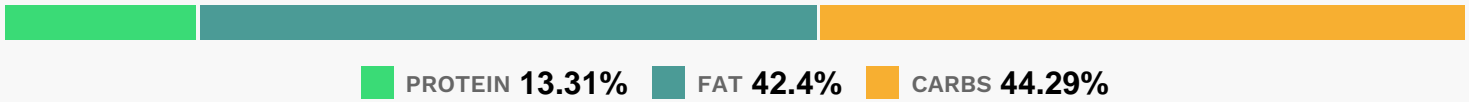
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ tongs
- ☐ colander

Directions

- ☐ Blanch the broccoli, asparagus, snow peas: Get a large pot of water boiling. Salt it well. It should taste like the sea. Fill a large bowl with ice water. Boil the broccoli for 1 minute.
- ☐ Add the asparagus and boil another minute.
- ☐ Add the snow peas and boil for 30 more seconds.
- ☐ Remove all the vegetables and plunge them into the ice water. Once they're cool, drain in a colander.
- ☐ If you want, you can boil your pasta in the same pot you boiled the vegetables in, or you can start over and boil new water; I use the same water.
- ☐ Sauté zucchini and garlic, then add tomatoes: In a large sauté pan, heat the butter over medium-high heat. When the butter is hot, add the garlic and zucchini and sauté 1 minute.
- ☐ Add the diced tomatoes and sauté another 2 minutes, stirring often.
- ☐ Add broth, cream, blanched vegetables, peas:
- ☐ Pour in the chicken or vegetable broth and turn the heat to high to bring it to a boil.
- ☐ Add the cream and toss in all the vegetables you boiled, plus the peas. Stir to combine.
- ☐ Turn the heat down until the cream-chicken broth mixture is just simmering, not boiling.

- ☐ Add the Parmesan cheese and stir to combine. If the sauce seems too thick – it should be pretty thick, but not gloppy – add some more chicken broth, cream or water.
- ☐ Boil the angel hair pasta: If you are using spaghetti, you will want to start cooking it before you begin sautéing the garlic and zucchini. Angel hair will only need 1–2 minutes to cook, vermicelli or spaghetti can take 8–12 minutes.
- ☐ Transfer cooked pasta to sauce and vegetables: As soon as the pasta is done, transfer it with tongs into the sauce and stir to combine.
- ☐ Add the basil now, and taste for salt.
- ☐ Add salt if needed. Grind some black pepper over everything and serve immediately.
- ☐ You will want a dry white wine with this, ideally a dry French white.

Nutrition Facts



Properties

Glycemic Index:99.58, Glycemic Load:21.12, Inflammation Score:-10, Nutrition Score:33.436521685642%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 12.23mg, Kaempferol: 12.23mg, Kaempferol: 12.23mg, Kaempferol: 12.23mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 565.2kcal (28.26%), Fat: 27.43g (42.19%), Saturated Fat: 16.38g (102.4%), Carbohydrates: 64.46g (21.49%), Net Carbohydrates: 55.54g (20.2%), Sugar: 10.12g (11.24%), Cholesterol: 74.59mg (24.86%), Sodium: 632.02mg (27.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.37g (38.74%), Vitamin C: 170.1mg (206.18%), Vitamin K: 185.03µg (176.22%), Selenium: 46.2µg (66.01%), Vitamin A: 3157.27IU (63.15%), Manganese: 1.19mg (59.44%), Folate: 155.37µg (38.84%), Phosphorus: 379.2mg (37.92%), Fiber: 8.92g (35.69%), Potassium: 1070.66mg (30.59%), Vitamin B6: 0.58mg (29.2%), Calcium: 250.74mg (25.07%), Vitamin B2: 0.42mg (24.74%), Magnesium: 96.66mg (24.17%), Vitamin B1: 0.31mg (20.72%), Copper: 0.4mg (20%), Vitamin E: 2.71mg (18.05%), Iron: 3.24mg (17.97%), Zinc: 2.68mg (17.86%), Vitamin B3: 3.29mg (16.43%), Vitamin B5: 1.56mg (15.6%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.54µg (3.59%)