



Countryside Pasta Toss (Cooking for 2)

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces rotini pasta uncooked
- ☐ 0.5 pound baby potatoes cut into 1/2-inch wedges
- ☐ 0.5 cup broccoli florets
- ☐ 0.5 cup baby carrots
- ☐ 0.3 cup snow peas
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon dill dried

- ☐ 0.3 teaspoon salt
- ☐ 1 ounce finely-chopped ham fully cooked cut into thin strips

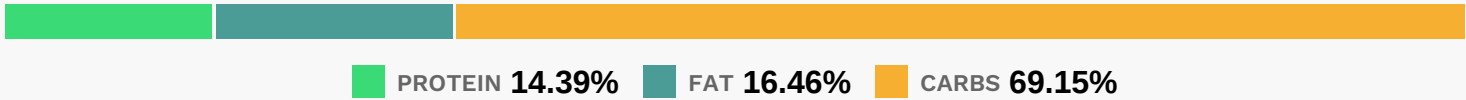
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 3-quart saucepan, place steamer basket in 1/2 inch water (water should not touch bottom of basket).
- ☐ Place potatoes, broccoli and carrots in basket. Cover tightly and heat to boiling; reduce heat to medium-low. Steam 5 minutes.
- ☐ Add pea pods. Cover and steam about 2 minutes longer or until potatoes are tender.
- ☐ In medium bowl, toss vegetables with butter, parsley, dill weed and salt until coated. Stir in ham and pasta; toss.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:13.79, Inflammation Score:-9, Nutrition Score:11.695652370868%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 163.79kcal (8.19%), Fat: 3.01g (4.64%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 25.58g (9.3%), Sugar: 2.22g (2.46%), Cholesterol: 5.17mg (1.72%), Sodium: 272.75mg (11.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Vitamin A: 2525.96IU (50.52%), Vitamin C: 28.46mg (34.49%), Vitamin K: 32.14µg (30.61%), Selenium: 15.48µg (22.12%), Manganese: 0.35mg (17.75%), Vitamin B6: 0.27mg (13.27%), Fiber: 2.9g (11.59%), Potassium: 402.9mg (11.51%), Phosphorus: 110.27mg (11.03%), Vitamin B1: 0.13mg (8.38%), Magnesium: 32.4mg (8.1%), Copper: 0.16mg (7.97%), Folate: 28.72µg (7.18%), Vitamin B3: 1.43mg (7.13%), Iron: 1.26mg (6.98%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.73mg (4.85%), Vitamin B2: 0.07mg (4.35%), Calcium: 29.24mg (2.92%), Vitamin B12: 0.1µg (1.71%), Vitamin E: 0.23mg (1.51%)