



Creamy Linguine Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup asparagus sliced (1-inch)
- ☐ 1 cup d preshredded carrot
- ☐ 3 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 2 cups milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions sliced
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian

- ☐ 1 teaspoon olive oil
- ☐ 3 ounces parmesan cheese divided freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 1 cup baby squash yellow halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot.
- ☐ Add asparagus and carrot; cook 2 minutes, stirring constantly.
- ☐ Add mushrooms, green onions, and squash; cook 3 minutes or until crisp-tender.
- ☐ Remove from heat; set aside, and keep warm.
- ☐ Combine flour and next 3 ingredients in a small bowl; gradually add milk, stirring with a whisk until completely blended. Melt butter in a medium saucepan over medium heat.
- ☐ Add garlic, and cook 30 seconds.
- ☐ Add milk mixture to saucepan; cook until thick and bubbly, stirring constantly.
- ☐ Remove saucepan from heat; stir in 1/2 cup Parmesan cheese.
- ☐ Combine sauce, reserved vegetables, and pasta in a large bowl; toss gently to coat.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Sprinkle with additional pepper, if desired.

Nutrition Facts



 **PROTEIN 19.87%**  **FAT 25.53%**  **CARBS 54.6%**

Properties

Glycemic Index:99.65, Glycemic Load:22.45, Inflammation Score:-10, Nutrition Score:25.757825975833%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 398.47kcal (19.92%), Fat: 11.42g (17.57%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 49.93g (18.16%), Sugar: 10.41g (11.57%), Cholesterol: 22.17mg (7.39%), Sodium: 776.21mg (33.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (40%), Vitamin A: 6360.68IU (127.21%), Selenium: 44.04µg (62.92%), Vitamin K: 50.97µg (48.55%), Calcium: 409.13mg (40.91%), Phosphorus: 405.44mg (40.54%), Manganese: 0.7mg (34.87%), Vitamin B2: 0.5mg (29.65%), Fiber: 5.01g (20.06%), Potassium: 675.89mg (19.31%), Iron: 3.31mg (18.4%), Zinc: 2.63mg (17.53%), Vitamin B6: 0.35mg (17.48%), Vitamin B1: 0.26mg (17.04%), Vitamin B12: 1.01µg (16.85%), Folate: 67.33µg (16.83%), Copper: 0.32mg (16.08%), Magnesium: 64.08mg (16.02%), Vitamin C: 12.15mg (14.72%), Vitamin B3: 2.69mg (13.47%), Vitamin B5: 1.27mg (12.71%), Vitamin D: 1.5µg (10.01%), Vitamin E: 1.27mg (8.48%)