



Creamy Pasta Primavera

READY IN



60 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter divided
- 4 ounce mushrooms drained canned
- 8 ounce cream cheese
- 2 cups ham diced cooked
- 0.3 cup bell pepper green sliced
- 0.5 cup green onions chopped
- 0.8 cup milk
- 0.3 cup parmesan cheese grated
- 0.3 cup bell peppers red sliced

4 ounces pasta like spaghetti

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet, melt 1/4 cup of the butter.

Saute green onions, green peppers, red peppers and mushrooms.

Add cream cheese and milk and stir over low heat until cream cheese is melted. Stir in ham and parmesan cheese. Toss spaghetti with remaining butter.

Combine with cream cheese mixture; toss lightly.

Nutrition Facts

 **PROTEIN 15.09%** **FAT 64.58%** **CARBS 20.33%**

Properties

Glycemic Index:38.5, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:13.28260877858%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 400.9kcal (20.04%), Fat: 29.02g (44.64%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 19.04g (6.93%), Sugar: 4.45g (4.95%), Cholesterol: 101.28mg (33.76%), Sodium: 826.87mg (35.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Selenium: 26.13µg (37.33%), Vitamin C: 23.28mg (28.22%), Phosphorus: 273.62mg (27.36%), Vitamin A: 1220.7IU (24.41%), Vitamin K: 19.9µg (18.95%), Vitamin B1: 0.27mg (18.14%), Vitamin B2: 0.27mg (15.95%), Vitamin B12: 0.88µg (14.59%), Calcium: 141.68mg (14.17%), Zinc: 1.86mg (12.43%), Manganese: 0.25mg (12.26%), Vitamin B3: 2.17mg (10.86%), Vitamin B6: 0.22mg (10.83%), Vitamin B5: 0.96mg (9.57%), Potassium: 328.23mg (9.38%), Magnesium: 33.05mg (8.26%),

Copper: 0.16mg (8.17%), Fiber: 1.51g (6.04%), Vitamin E: 0.85mg (5.67%), Iron: 0.96mg (5.31%), Folate: 19.72µg (4.93%), Vitamin D: 0.4µg (2.67%)