



## Creamy Pasta with Florets

READY IN



30 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 ounces angel hair pasta uncooked
- 5 cups broccoli florets
- 4 cups cauliflower florets
- 0.1 teaspoon ground pepper
- 8 ounces curd cottage cheese 1%
- 2.5 cups mushrooms fresh sliced
- 2.5 cups mushrooms fresh sliced
- 3 garlic clove minced
- 0.3 cup cream sour reduced-fat

- 0.5 cup milk 1%
- 2 teaspoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

## Equipment

- food processor
- frying pan
- sauce pan
- blender
- steamer basket

## Directions

- In a blender or food processor, combine the cottage cheese, milk, sour cream, Parmesan cheese, salt and cayenne; cover and process until smooth. Set aside.
- In a saucepan, bring 1 in. of water to a boil; place broccoli and cauliflower in a steamer basket over water. Cover and steam for 3–4 minutes or until crisp–tender. Meanwhile, cook pasta according to package directions; drain.
- In a large nonstick skillet, saute garlic in oil for 2 minutes.
- Add mushrooms; saute 5 minutes longer. Stir in the broccoli, cauliflower, pasta and cottage cheese mixture; heat through.

## Nutrition Facts



**PROTEIN 25.53%** **FAT 24.58%** **CARBS 49.89%**

## Properties

Glycemic Index:32.38, Glycemic Load:6.27, Inflammation Score:-7, Nutrition Score:19.070434591045%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 4.64mg, Kaempferol: 4.64mg, Kaempferol: 4.64mg, Kaempferol: 4.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.14mg,

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## **Nutrients (% of daily need)**

Calories: 165.3kcal (8.26%), Fat: 4.78g (7.35%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 18.25g (6.64%), Sugar: 5.01g (5.57%), Cholesterol: 10.79mg (3.6%), Sodium: 338.89mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.33%), Vitamin C: 76.53mg (92.77%), Vitamin K: 66.53µg (63.36%), Selenium: 20.8µg (29.71%), Vitamin B2: 0.43mg (25.53%), Phosphorus: 224.92mg (22.49%), Folate: 81.82µg (20.46%), Manganese: 0.38mg (18.93%), Vitamin B5: 1.85mg (18.47%), Potassium: 630.74mg (18.02%), Vitamin B6: 0.31mg (15.73%), Vitamin B3: 3.09mg (15.43%), Copper: 0.29mg (14.67%), Fiber: 3.56g (14.26%), Calcium: 124.56mg (12.46%), Vitamin B1: 0.15mg (9.92%), Vitamin A: 486.64IU (9.73%), Magnesium: 38.54mg (9.63%), Zinc: 1.24mg (8.28%), Iron: 1.18mg (6.54%), Vitamin B12: 0.31µg (5.14%), Vitamin E: 0.72mg (4.82%), Vitamin D: 0.34µg (2.27%)