



Creamy Penne Primavera

READY IN



45 min.

SERVINGS



5

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons milk fat-free
- ☐ 8 ounce cream cheese light ()
- ☐ 1 ounce parmesan cheese fresh shredded
- ☐ 10 ounce penne pasta uncooked (short tubular pasta)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 1.5 teaspoons herb-and-spice blend salt-free (such as Mrs. Dash)
- ☐ 16 ounce sugar snap stir-fry vegetable blend frozen

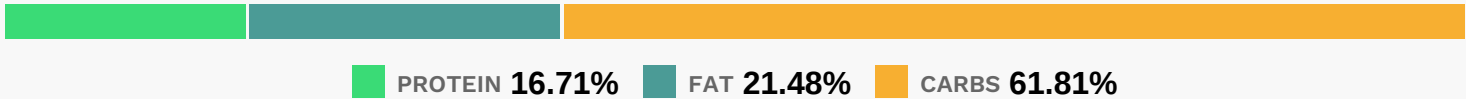
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add vegetables to pasta the last 2 minutes of cooking.
- ☐ Drain; set aside.
- ☐ Using the same saucepan (pan will still be warm), melt cream cheese over low heat; add sour cream, stirring until smooth.
- ☐ Add milk, stirring until smooth.
- ☐ Add spice blend and salt; stir well.
- ☐ Add pasta mixture, and toss well.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.45, Glycemic Load:21.1, Inflammation Score:-10, Nutrition Score:19.780434805414%

Nutrients (% of daily need)

Calories: 405.81kcal (20.29%), Fat: 9.8g (15.08%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 63.47g (21.16%), Net Carbohydrates: 57.39g (20.87%), Sugar: 4.8g (5.34%), Cholesterol: 30.69mg (10.23%), Sodium: 568.75mg (24.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.31%), Vitamin A: 5003.51IU (100.07%), Selenium: 40.75µg (58.22%), Manganese: 0.82mg (41.1%), Phosphorus: 302.65mg (30.26%), Fiber: 6.07g (24.29%), Calcium: 233.24mg (23.32%), Magnesium: 65.32mg (16.33%), Vitamin B2: 0.27mg (15.76%), Potassium: 499.39mg (14.27%), Copper: 0.28mg (13.9%), Vitamin B1: 0.2mg (13.26%), Folate: 51.74µg (12.94%), Iron: 2.27mg (12.6%), Zinc: 1.82mg (12.12%), Vitamin C: 9.47mg (11.48%), Vitamin B3: 2.27mg (11.34%), Vitamin B6: 0.22mg (10.92%), Vitamin B12: 0.61µg (10.11%), Vitamin K: 9.85µg (9.38%), Vitamin B5: 0.85mg (8.47%), Vitamin E: 0.47mg (3.12%), Vitamin D:

0.26µg (1.76%)