



WHATSheATE



HEALTH SCORE

86%

Creamy Vegan Pasta Primavera



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings vanilla almond milk plain unsweetened (can sub rice milk or other milk alternative)



4 servings basil leaves fresh whole for garnish



1.5 cups broccoli florets



1 small carrots thinly sliced



1 to 2 garlic cloves crushed



1 cup grape tomatoes halved lengthwise



4 servings ground pepper black



1 to 2 hass avocados pitted ripe halved

- ☐ 2 tablespoons juice of lemon
- ☐ 12 ounces penne pasta gluten-free (semolina or)
- ☐ 0.5 cup cashew pieces raw drained
- ☐ 0.5 teaspoon salt
- ☐ 2 scallions chopped
- ☐ 1 cup water hot
- ☐ 1 small zucchini yellow cut into 1/4-inch dice

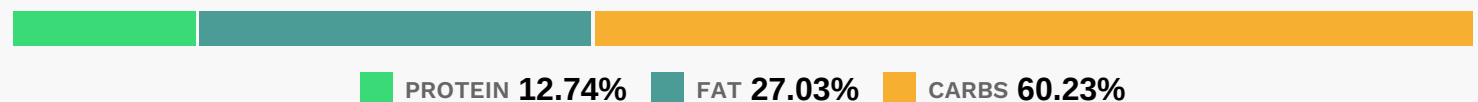
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Cook the penne in a large pot of salted boiling water until it is tender, about 10 minutes (time may vary with gluten-free pasta – see package for times). About 5 minutes before the pasta is cooked, add the broccoli and carrots. About 2 minutes before the pasta is cooked, add the zucchini.
- ☐ Drain the cooked pasta and vegetables well and return to the pot. While the pasta is cooking, combine the drained cashews, garlic, and broth in a blender or food processor. Process until smooth and well blended. Peel and pit the avocado and add it to the food processor along with the scallions, lemon juice, salt, and pepper to taste. Process until smooth and creamy. For a thinner sauce, add some almond milk, if needed. For a thicker sauce, add additional avocado. Taste and adjust the seasonings, if needed.
- ☐ Add the sauce to the pot containing the drained cooked pasta and vegetables.
- ☐ Add the tomatoes and chopped basil and toss gently to combine.
- ☐ Serve immediately, garnished with the whole basil leaves.

Nutrition Facts



Properties

Glycemic Index:116.26, Glycemic Load:28.95, Inflammation Score:-10, Nutrition Score:29.638695447341%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 521.73kcal (26.09%), Fat: 16.09g (24.75%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 80.64g (26.88%), Net Carbohydrates: 71.76g (26.09%), Sugar: 7.2g (8%), Cholesterol: 0mg (0%), Sodium: 561.14mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Selenium: 58.25µg (83.21%), Vitamin K: 77.32µg (73.64%), Manganese: 1.36mg (68.06%), Vitamin C: 51.03mg (61.85%), Vitamin A: 3035.03IU (60.7%), Copper: 0.77mg (38.61%), Fiber: 8.88g (35.53%), Phosphorus: 334.79mg (33.48%), Magnesium: 127.81mg (31.95%), Folate: 104.8µg (26.2%), Vitamin B6: 0.51mg (25.4%), Potassium: 887.78mg (25.37%), Zinc: 2.83mg (18.84%), Iron: 3.13mg (17.4%), Vitamin B1: 0.25mg (16.42%), Vitamin B3: 3.26mg (16.3%), Vitamin B5: 1.54mg (15.37%), Vitamin B2: 0.23mg (13.55%), Vitamin E: 1.93mg (12.84%), Calcium: 69.66mg (6.97%)