



Creamy Vegan Primavera Pappardelle

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 & bell peppers red yellow sliced lengthwise
- ☐ 1 teaspoon pepper black
- ☐ 0.5 teaspoon chili flakes
- ☐ 1 cup cremini mushrooms sliced
- ☐ 2 cup so delicious dairy free original almond plus almondmilk unsweetened
- ☐ 3 tablespoons flat parsley chopped for garnish
- ☐ 2 tablespoons flour
- ☐ 1 garlic clove

- ☐ 2 garlic cloves sliced
- ☐ 1 green onion sliced thin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 pound snow peas

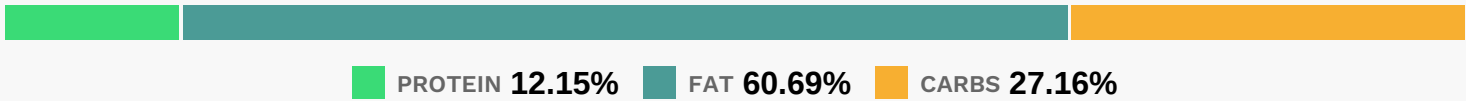
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Fill a large pot 3/4 full of salted water and place on high heat.
- ☐ Add oil to a small sauce pot, add the garlic and flakes, sauté until fragrant and golden
- ☐ Add flour, whisk to cook the flour for 1 minute. Slowly add the almond milk, whisking vigorously.
- ☐ Add seasoning, continue to whisk, bring to a boil. Lower the heat to a simmer, cook for 5 minutes until thickened.
- ☐ Add oil to a preheated skillet and sauté the garlic and whites of the green onion until fragrant.
- ☐ Add the remaining vegetables. Season to taste. Sauté on medium-high heat for 5 minutes then pour in the white sauce, stir to mix.To the boiling water, drop in pappardelle. Stir to untangle strands using tongs. Cook to al dente.
- ☐ Drain leaving a small amount of water in the pot (1/4cup) add the white sauce and stir to coat.You can add dairy free parmesan cheese and a sprinkle of extra parsley.

Nutrition Facts



Properties

Glycemic Index:41.05, Glycemic Load:1.92, Inflammation Score:-6, Nutrition Score:9.9760868653007%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 95.63kcal (4.78%), Fat: 6.56g (10.1%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.37g (1.95%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 179.97mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin K: 36.73µg (34.98%), Vitamin C: 27.74mg (33.62%), Vitamin A: 850.71IU (17.01%), Vitamin E: 2.51mg (16.72%), Vitamin B3: 2.64mg (13.18%), Vitamin B2: 0.2mg (11.65%), Vitamin B6: 0.22mg (11%), Vitamin B12: 0.65µg (10.77%), Calcium: 100.55mg (10.06%), Folate: 39.29µg (9.82%), Manganese: 0.15mg (7.7%), Copper: 0.15mg (7.48%), Selenium: 4.69µg (6.7%), Vitamin B1: 0.1mg (6.49%), Iron: 1.06mg (5.89%), Potassium: 203.47mg (5.81%), Fiber: 1.24g (4.95%), Vitamin D: 0.72µg (4.78%), Vitamin B5: 0.33mg (3.29%), Phosphorus: 28.89mg (2.89%), Zinc: 0.37mg (2.46%), Magnesium: 8.81mg (2.2%)