

Creamy Veggie Vermicelli

READY IN



25 min.

SERVINGS



6

CALORIES



539 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets fresh
- 2 cups asparagus fresh cut (1-inch pieces)
- 0.3 cup butter cubed
- 8 ounces vermicelli uncooked
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- 6 ounces cream cheese cubed
- 1 cup milk whole
- 0.8 cup parmesan cheese grated
- 0.3 teaspoon salt

- 0.3 teaspoon pepper
- 1 tablespoon lemon zest grated

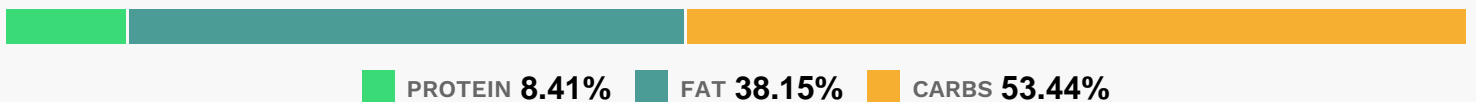
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a large skillet, saute broccoli and asparagus in butter for 8–10 minutes or until crisp–tender. Meanwhile, cook vermicelli according to package directions.
- In a large saucepan, cook and stir the cream cheese and milk over medium heat until smooth.
- Add the Parmesan cheese, salt and pepper; cook 2 minutes longer or until blended.
- Remove from the heat.
- Stir lemon zest into the vegetables.
- Drain vermicelli; place in a large serving bowl.
- Add vegetables and cheese sauce; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:37.6, Inflammation Score:-7, Nutrition Score:15.721739126288%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 539.17kcal (26.96%), Fat: 22.82g (35.11%), Saturated Fat: 13.45g (84.07%), Carbohydrates: 71.91g (23.97%), Net Carbohydrates: 68.85g (25.03%), Sugar: 4.43g (4.93%), Cholesterol: 64.72mg (21.57%), Sodium: 629.5mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Vitamin K: 51.25µg (48.81%), Vitamin C: 30.85mg (37.39%), Phosphorus: 312.09mg (31.21%), Selenium: 20.89µg (29.85%), Manganese: 0.54mg (26.85%), Vitamin A: 1318.72IU (26.37%), Calcium: 230.64mg (23.06%), Vitamin B2: 0.28mg (16.47%), Fiber: 3.06g (12.25%), Folate: 48.33µg (12.08%), Zinc: 1.79mg (11.91%), Iron: 1.81mg (10.07%), Potassium: 335.18mg (9.58%), Vitamin B1: 0.14mg (9.51%), Vitamin E: 1.29mg (8.61%), Copper: 0.17mg (8.54%), Magnesium: 33.99mg (8.5%), Vitamin B6: 0.16mg (7.91%), Vitamin B12: 0.47µg (7.78%), Vitamin B5: 0.7mg (7.03%), Vitamin B3: 0.88mg (4.42%), Vitamin D: 0.51µg (3.4%)