



Double-Cheese Pasta Primavera

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby peas frozen
- 1 cup broccoli florets
- 0.3 tsp basil leaves dried crushed
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red cut into strips
- 12 oz velveeta shells & cheese dinner made 2% with milk cheese

Equipment

frying pan

Directions

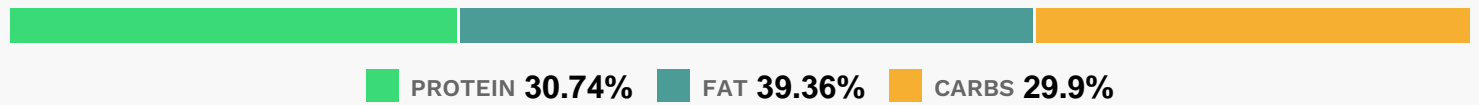
Prepare Dinner as directed on package.

Meanwhile, heat dressing in large skillet on medium heat.

Add broccoli and peppers; cook and stir 5 min. or until crisp-tender. Stir in peas; cook 3 to 5 min. or until heated through, stirring occasionally.

Add Dinner and basil; mix lightly. Top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:20.988695627321%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 262.01kcal (13.1%), Fat: 11.59g (17.83%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 16.49g (5.99%), Sugar: 11.72g (13.02%), Cholesterol: 37.9mg (12.63%), Sodium: 1476.18mg (64.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Phosphorus: 949.99mg (95%), Vitamin C: 72.99mg (88.47%), Calcium: 535.03mg (53.5%), Vitamin A: 2210.62IU (44.21%), Vitamin B2: 0.66mg (38.96%), Vitamin K: 39.31µg (37.44%), Zinc: 2.85mg (19.03%), Potassium: 529.61mg (15.13%), Fiber: 3.32g (13.26%), Folate: 52µg (13%), Manganese: 0.24mg (12.13%), Vitamin B6: 0.2mg (9.78%), Vitamin B1: 0.13mg (8.72%), Vitamin B3: 1.21mg (6.05%), Iron: 1.05mg (5.86%), Vitamin E: 0.88mg (5.85%), Magnesium: 22.17mg (5.54%), Copper: 0.08mg (4.21%), Selenium: 2.28µg (3.25%), Vitamin B5: 0.27mg (2.71%)