



Easy Fettuccine Primavera

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 Box fettuccine barilla cooked drained
- ☐ 1 teaspoon basil leaves dried fresh crushed chopped
- ☐ 1 Jar ragù® pasta sauce old world style®
- ☐ 16 oz vegetables frozen assorted cooked (broccoli, carrots, bell peppers, onion, zucchini)

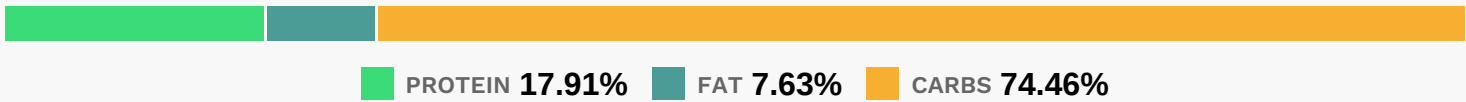
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Heat Pasta Sauce in 2-quart saucepan until heated through. Stir in cooked vegetables and basil.
- ☐ Spoon vegetable mixture over hot fettuccine and sprinkle, if desired, with grated Parmesan cheese.
- ☐ TIP: Cook vegetables in the microwave. Or, add to pasta cooking water during the last 5 minutes of cooking.
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$
- ☐ *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.89, Inflammation Score:-9, Nutrition Score:8.7386955644773%

Nutrients (% of daily need)

Calories: 57.15kcal (2.86%), Fat: 0.56g (0.86%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 8.64g (3.14%), Sugar: 3.03g (3.37%), Cholesterol: 0.04mg (0.01%), Sodium: 429.65mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin A: 3248.18IU (64.96%), Fiber: 3.59g (14.37%), Vitamin C: 11.85mg (14.36%), Manganese: 0.24mg (12.1%), Potassium: 375.99mg (10.74%), Vitamin E: 1.24mg (8.25%), Iron: 1.47mg (8.15%), Vitamin B3: 1.56mg (7.79%), Copper: 0.15mg (7.66%), Vitamin B6: 0.14mg (6.97%), Magnesium: 27.27mg (6.82%), Vitamin B2: 0.1mg (6.17%), Folate: 24.49µg (6.12%), Vitamin B1: 0.09mg (5.98%), Phosphorus: 56.84mg (5.68%), Vitamin K: 4.52µg (4.31%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.45mg (3.01%), Calcium: 28.89mg (2.89%), Selenium: 0.77µg (1.1%)