



Fettuccine Primavera

READY IN



45 min.

SERVINGS



2

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup broccoli flowerets
- 0.3 cup julienne- carrot
- 0.5 cup cauliflower flowerets
- 0.3 cup chicken broth low-sodium undiluted canned
- 2 tablespoons cooking wine dry white
- 4 ounces fettuccine barilla uncooked
- 2 teaspoons garlic minced
- 0.5 cup snow pea pods fresh trimmed
- 0.3 cup julienne- pepper sweet red

- 2 tablespoons romano cheese freshly grated
- 0.5 cup julienne- zucchini

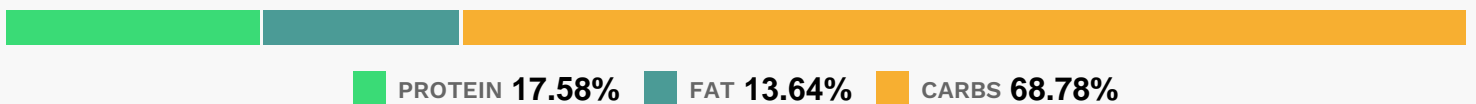
Equipment

- bowl
- frying pan

Directions

- Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add broccoli and next 3 ingredients; saute 2 minutes.
- Add zucchini, sweet red pepper, and carrot; saute 2 minutes or until vegetables are crisp-tender.
- Combine chicken broth and wine; add to vegetables in skillet. Cover, reduce heat, and simmer 2 minutes.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Place pasta in a serving bowl.
- Add vegetable mixture and cheese; toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:136.92, Glycemic Load:18.71, Inflammation Score:-10, Nutrition Score:23.399130499881%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.07mg, Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 299.26kcal (14.96%), Fat: 4.45g (6.85%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 45.71g (16.62%), Sugar: 5.46g (6.07%), Cholesterol: 52.83mg (17.61%), Sodium: 112.02mg (4.87%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 12.9g (25.81%), Vitamin C: 77.64mg (94.11%), Vitamin A: 3777.66IU (75.55%), Selenium: 46.81µg (66.88%), Manganese: 0.8mg (39.84%), Vitamin K: 37.3µg (35.53%), Phosphorus: 251.51mg (25.15%), Vitamin B6: 0.42mg (21.24%), Fiber: 4.79g (19.17%), Folate: 74.48µg (18.62%), Potassium: 555.37mg (15.87%), Magnesium: 61.47mg (15.37%), Vitamin B1: 0.2mg (13.63%), Copper: 0.26mg (13.06%), Iron: 2.29mg (12.71%), Vitamin B3: 2.53mg (12.65%), Vitamin B5: 1.21mg (12.05%), Calcium: 118.92mg (11.89%), Vitamin B2: 0.2mg (11.68%), Zinc: 1.71mg (11.39%), Vitamin E: 0.95mg (6.32%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.2µg (1.3%)