



 **25%**
HEALTH SCORE

Fettuccine Primavera

READY IN



15 min.

SERVINGS



2

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces fettuccine barilla uncooked
- 0.5 cup cauliflower florets fresh
- 0.5 cup snow peas fresh
- 0.5 cup broccoli florets fresh
- 0.3 cup carrots julienned
- 1 tablespoon canola oil
- 0.5 cup zucchini julienned
- 0.3 cup bell pepper sweet red julienned
- 2 garlic clove minced

- 0.3 cup chicken broth
- 0.3 cup pecorino cheese grated

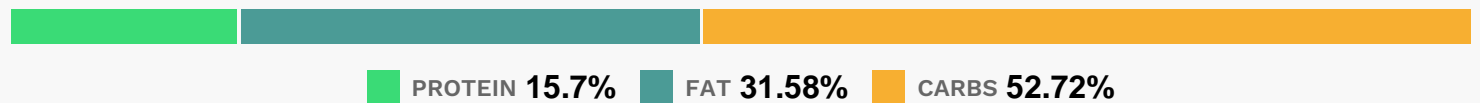
Equipment

- frying pan
- wok

Directions

- Cook fettuccine according to package directions. Meanwhile, in a skillet or wok, stir-fry the cauliflower, peas, broccoli and carrot in oil for 2 minutes.
- Add the zucchini, red pepper and garlic; stir-fry until vegetables are crisp-tender. Stir in broth. Reduce heat; cover and simmer for 2 minutes.
- Drain fettuccine; add to vegetable mixture and toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:129.42, Glycemic Load:18.73, Inflammation Score:-10, Nutrition Score:24.879130434783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 375.75kcal (18.79%), Fat: 13.38g (20.58%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 45.44g (16.52%), Sugar: 5.52g (6.13%), Cholesterol: 61.41mg (20.47%), Sodium: 337.98mg (14.69%), Protein: 14.96g (29.92%), Vitamin C: 78.31mg (94.92%), Vitamin A: 3814.24IU (76.28%), Selenium: 48.06µg (68.66%), Vitamin K: 43.16µg (41.11%), Manganese: 0.8mg (40.02%), Phosphorus: 299.02mg (29.9%), Vitamin B6: 0.42mg (21.11%), Calcium: 198.11mg (19.81%), Fiber: 4.81g (19.25%), Folate: 75.33µg (18.83%), Magnesium: 63.29mg (15.82%), Potassium: 535.22mg (15.29%), Vitamin E: 2.21mg (14.74%), Vitamin B1: 0.22mg (14.35%), Vitamin B2: 0.24mg (14.07%), Copper: 0.25mg (12.7%), Iron: 2.28mg (12.64%), Zinc: 1.88mg (12.56%), Vitamin B5: 1.24mg

(12.38%), Vitamin B3: 2.21mg (11.03%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.23µg (1.55%)