



Fettuccine Primavera

READY IN



25 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 1 cup broccoli florets fresh
- ☐ 1 cup carrots thinly sliced
- ☐ 1 cup cauliflower florets fresh
- ☐ 1 tablespoon dijon mustard
- ☐ 8 oz fettuccine barilla uncooked
- ☐ 0.3 cup milk
- ☐ 0.3 cup onion chopped
- ☐ 1 oz parmesan shaved

- ☐ 1 cup peas sweet frozen rinsed
- ☐ 1 tablespoon vegetable oil

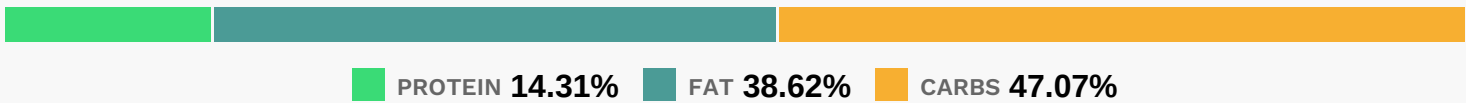
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain fettuccine as directed on package.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat.
- ☐ Add broccoli, cauliflower, peas, carrots and onion; cook 6 to 8 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Stir Alfredo sauce, milk, mustard and peas into vegetable mixture; cook until hot. Stir in fettuccine; heat through. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:80.79, Glycemic Load:20.45, Inflammation Score:-10, Nutrition Score:24.353043421455%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 475.04kcal (23.75%), Fat: 20.37g (31.34%), Saturated Fat: 8.55g (53.46%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 49.6g (18.04%), Sugar: 7.9g (8.78%), Cholesterol: 100.77mg (33.59%), Sodium: 688.13mg (29.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.97%), Vitamin A: 5883.04IU (117.66%), Selenium: 49.29µg (70.42%), Vitamin C: 49.49mg (59.98%), Vitamin K: 47.09µg (44.85%), Manganese: 0.8mg (39.81%), Phosphorus: 284.55mg (28.45%), Fiber: 6.26g (25.02%), Folate: 77.33µg (19.33%), Vitamin B1: 0.27mg (17.71%), Vitamin B6: 0.34mg (17.2%), Calcium: 162.99mg (16.3%), Magnesium: 64.96mg (16.24%), Potassium: 525.46mg (15.01%), Zinc: 2.07mg (13.83%), Copper: 0.28mg (13.83%), Vitamin B3: 2.6mg (13.01%),

Vitamin B2: 0.21mg (12.28%), Iron: 2.12mg (11.76%), Vitamin B5: 1.05mg (10.52%), Vitamin E: 0.98mg (6.55%),
Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.37µg (2.49%)