



Garden-Veggie Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper rings red
- ☐ 0.5 cup broccoli florets
- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 2 cups farfalle pasta hot cooked uncooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 0.5 cup peas green frozen
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sacramento tomato juice

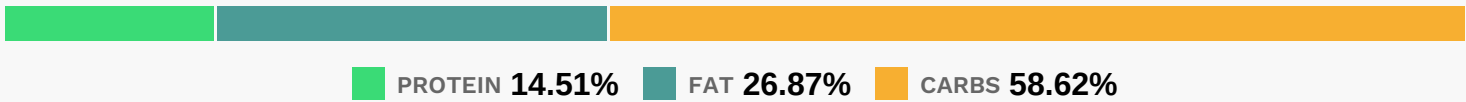
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat until hot.
- ☐ Add carrot and next 4 ingredients (carrot through garlic); saut 3 minutes. Stir in tomato juice and basil; simmer 3 minutes.
- ☐ Add peas, salt, and pepper; cook 2 minutes.
- ☐ Add pasta; toss well.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:106.5, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:14.08086976085%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 160.61kcal (8.03%), Fat: 4.89g (7.52%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 20.51g (7.46%), Sugar: 4.33g (4.81%), Cholesterol: 1.7mg (0.57%), Sodium: 215.76mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Vitamin A: 3758.06IU (75.16%), Vitamin C: 48.63mg (58.95%), Vitamin K: 32.01µg (30.49%), Selenium: 15.06µg (21.51%), Manganese: 0.38mg (19.03%), Fiber: 3.47g (13.9%), Folate: 46.01µg (11.5%), Vitamin B6: 0.21mg (10.46%), Phosphorus: 95.33mg (9.53%), Potassium:

306.34mg (8.75%), Vitamin E: 1.2mg (7.98%), Iron: 1.4mg (7.78%), Magnesium: 28.88mg (7.22%), Vitamin B1: 0.11mg (7.15%), Copper: 0.13mg (6.6%), Vitamin B3: 1.27mg (6.34%), Calcium: 62.17mg (6.22%), Vitamin B2: 0.1mg (5.86%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.37mg (3.71%)