



Lean Pasta Primavera

READY IN



60 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz fettuccine barilla refrigerated
- 2.5 cups skim milk fat-free (skim)
- 3 tablespoons cornstarch
- 1 tablespoon basil dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup ricotta cheese light
- 0.3 cup parmesan shredded
- 0.3 cup chicken broth

- 4 cloves garlic finely chopped
- 5 oz mushrooms fresh sliced
- 2 cups broccoli florets
- 6 medium spring onion cut into 1-inch pieces
- 2 cups snow peas fresh halved
- 1 cup cherry tomatoes halved

Equipment

- food processor
- sauce pan
- whisk
- blender
- dutch oven

Directions

- Cook and drain fettuccine as directed on package; cover to keep warm.
- Meanwhile, in 2-quart saucepan, heat milk, cornstarch, basil, salt and pepper to boiling over medium-high heat, stirring constantly with wire whisk. Reduce heat to medium; simmer 2 to 5 minutes, stirring constantly, until sauce thickens.
- Remove from heat.
- In blender or food processor, place 1/2 cup of the sauce, the ricotta cheese and 1/4 cup of the Parmesan cheese. Cover; blend on medium-low speed until smooth. Return mixture to remaining sauce in saucepan; stir well.
- In nonstick 8-quart Dutch oven or stockpot, heat broth to boiling over medium-high heat.
- Add garlic; cook 2 minutes, stirring occasionally.
- Add mushrooms, broccoli and onions; cover and cook 4 minutes.
- Add pea pods and tomatoes; cook 1 minute longer.
- Add sauce and cooked fettuccine; heat until hot.
- Transfer to serving platter; sprinkle with remaining Parmesan cheese.

Nutrition Facts

PROTEIN 20.11% FAT 19.83% CARBS 60.06%

Properties

Glycemic Index:48.21, Glycemic Load:25.64, Inflammation Score:-8, Nutrition Score:30.270434918611%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 477.97kcal (23.9%), Fat: 10.62g (16.34%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 72.4g (24.13%), Net Carbohydrates: 67.11g (24.4%), Sugar: 10.08g (11.2%), Cholesterol: 91.68mg (30.56%), Sodium: 442.53mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.48%), Selenium: 72.73µg (103.9%), Vitamin K: 83.38µg (79.41%), Vitamin C: 56.26mg (68.2%), Manganese: 0.98mg (48.78%), Phosphorus: 471.5mg (47.15%), Calcium: 374.74mg (37.47%), Vitamin B2: 0.49mg (29%), Vitamin A: 1303.35IU (26.07%), Magnesium: 90.3mg (22.57%), Vitamin B6: 0.44mg (21.9%), Potassium: 764.47mg (21.84%), Fiber: 5.28g (21.13%), Iron: 3.72mg (20.66%), Vitamin B1: 0.31mg (20.5%), Copper: 0.41mg (20.45%), Zinc: 3.06mg (20.37%), Folate: 81.13µg (20.28%), Vitamin B5: 2mg (20.03%), Vitamin B12: 1.03µg (17.18%), Vitamin B3: 3.3mg (16.48%), Vitamin D: 1.51µg (10.05%), Vitamin E: 1mg (6.7%)