

## Lemon Pepper Pasta

READY IN



20 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup skim milk fat-free
- 1.5 teaspoons lemon zest grated
- 2 teaspoons olive oil
- 2 ounces soup noodles uncooked
- 0.1 teaspoon pepper
- 2 ounces processed cheese food cubed reduced-fat (velveeta)
- 1 bell pepper red julienned
- 0.1 teaspoon salt
- 1 medium bell pepper sweet yellow cut into 1/8-inch strips

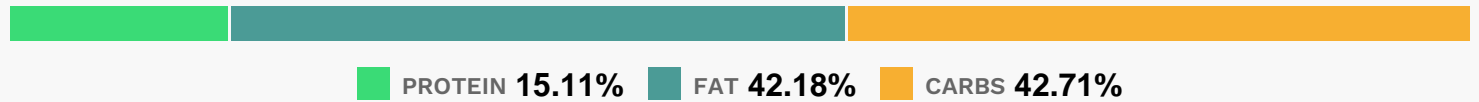
## Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta according to package directions. Meanwhile, in a small saucepan, combine the milk, cheese and salt; cook and stir over medium–low heat until cheese is melted.
- Drain pasta; add cheese sauce and toss to coat. Keep warm.
- In a nonstick skillet, saute peppers in oil for 5 minutes or until crisp–tender.
- Sprinkle with lemon peel and pepper; mix well. Toss with pasta mixture.

## Nutrition Facts



## Properties

Glycemic Index:20.78, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:5.9456521350404%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 72.17kcal (3.61%), Fat: 3.44g (5.3%), Saturated Fat: 1.46g (9.09%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.38g (1.53%), Cholesterol: 7.32mg (2.44%), Sodium: 159.27mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin C: 46.82mg (56.75%), Vitamin A: 578.44IU (11.57%), Calcium: 89.01mg (8.9%), Selenium: 6.13µg (8.75%), Phosphorus: 74.55mg (7.45%), Manganese: 0.11mg (5.31%), Vitamin B6: 0.09mg (4.37%), Folate: 12.76µg (3.19%), Vitamin E: 0.44mg (2.97%), Potassium: 101.9mg (2.91%), Fiber: 0.72g (2.88%), Vitamin B2: 0.05mg (2.8%), Magnesium: 10.2mg (2.55%), Vitamin B12: 0.15µg (2.51%), Zinc: 0.37mg (2.5%), Copper: 0.04mg (2.16%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.16mg (1.6%), Iron: 0.28mg (1.56%), Vitamin K: 1.57µg (1.5%)