



## Pasta Primavera

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tsp basil leaves dried crushed
- 0.5 tsp garlic powder
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 3 cups vegetable blend frozen (broccoli, cauliflower, carrots)

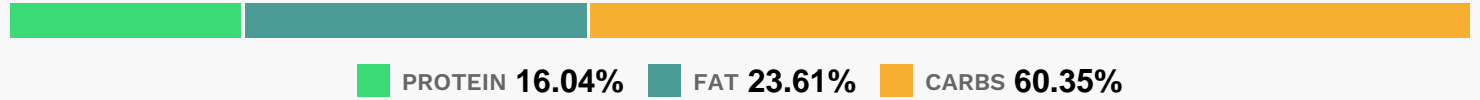
## Equipment

- sauce pan

## Directions

- Cook Macaroni in large saucepan as directed on package, adding vegetables to the boiling water the last 5 min.; drain. Return macaroni mixture to saucepan.
- Add Cheese Sauce and seasonings; mix well.
- Cook 3 to 5 min. or until heated through, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:5.7, Glycemic Load:7.09, Inflammation Score:-7, Nutrition Score:3.5182608352245%

## Nutrients (% of daily need)

Calories: 84.09kcal (4.2%), Fat: 2.26g (3.48%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 11.9g (4.33%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 164.91mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin A: 1386.55IU (27.73%), Phosphorus: 94.12mg (9.41%), Manganese: 0.16mg (8.2%), Fiber: 1.11g (4.45%), Iron: 0.71mg (3.92%), Calcium: 36.44mg (3.64%), Vitamin C: 2.84mg (3.44%), Magnesium: 13.61mg (3.4%), Potassium: 98.82mg (2.82%), Zinc: 0.39mg (2.57%), Vitamin B1: 0.03mg (2.24%), Folate: 8.06µg (2.02%), Vitamin B3: 0.34mg (1.72%), Vitamin B2: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.33%)