



Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup asparagus (1-inch) (2 ounces)
- 2 cups broccoli florets
- 1 teaspoon cornstarch
- 0.1 teaspoon pepper red crushed
- 6 ounces fettuccine barilla uncooked
- 0.3 cup basil fresh chopped
- 2 teaspoons garlic fresh minced
- 1 cup grape tomatoes halved
- 2 cups green beans trimmed halved

- 0.5 cup peas fresh green
- 0.7 cup half-and-half
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 ounce parmigiano-reggiano cheese shaved
- 0.8 teaspoon salt

Equipment

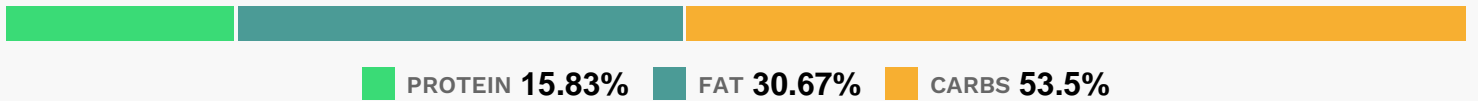
- bowl
- frying pan
- whisk
- slotted spoon

Directions

- Cook green beans in boiling water 1 minute.
- Add broccoli and asparagus; cook 2 minutes or until vegetables are crisp-tender.
- Remove vegetables from pan with a slotted spoon; place in a large bowl. Return water to a boil.
- Add pasta; cook 10 minutes or until al dente.
- Drain and add to vegetable mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add 1 cup onion, and saut for 2 minutes.
- Add garlic and red pepper; saut 3 minutes or until onion begins to brown.
- Add peas, and saut 1 minute.
- Add tomatoes; saut 2 minutes.
- Combine half-and-half and cornstarch, stirring with a whisk. Reduce heat to medium.
- Add half-and-half mixture and salt to pan; cook 1 minute or until sauce thickens, stirring constantly.
- Pour sauce over pasta mixture; toss gently to coat.

- Sprinkle with basil and cheese.
- Serve immediately.
- Wine note: Pasta Primavera is a burst of spring. The wine that accompanies it should be, too. Sauvignon blanc is a good option since the fresh "green" quality mirrors vegetables perfectly. But because this is a cream-based pasta primavera, I would opt instead for a pinot blanc. Rounder and more mellow than sauvignon blanc, pinot blanc at its best soars with freshness and vivacity, and is loaded with floral and citrus character. My favorite: Robert Sinskey Pinot Blanc 2005 Los Carneros, California (\$18). --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:97.58, Glycemic Load:16.6, Inflammation Score:-9, Nutrition Score:25.063478547594%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 13.69mg, Quercetin: 13.69mg, Quercetin: 13.69mg, Quercetin: 13.69mg

Nutrients (% of daily need)

Calories: 352.77kcal (17.64%), Fat: 12.38g (19.05%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 41.93g (15.25%), Sugar: 9.13g (10.15%), Cholesterol: 54.66mg (18.22%), Sodium: 607.57mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Vitamin K: 93.91µg (89.44%), Vitamin C: 64.65mg (78.36%), Selenium: 39.02µg (55.74%), Manganese: 0.82mg (40.97%), Vitamin A: 1561.63IU (31.23%), Phosphorus: 293.13mg (29.31%), Fiber: 6.66g (26.66%), Folate: 95.61µg (23.9%), Calcium: 211.06mg (21.11%), Vitamin B6: 0.42mg (21.08%), Potassium: 659.89mg (18.85%), Vitamin B2: 0.32mg (18.78%), Magnesium: 73mg (18.25%), Vitamin B1: 0.27mg (18.17%), Copper: 0.31mg (15.25%), Iron: 2.7mg (15.02%), Zinc: 1.97mg (13.12%), Vitamin B3: 2.49mg (12.46%), Vitamin E: 1.82mg (12.11%), Vitamin B5: 1.08mg (10.81%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.16µg (1.09%)