



Pasta Primavera

READY IN



31 min.

SERVINGS



18

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baby arugula packed
- 8 ounces fettuccine barilla
- 2 cloves garlic minced
- 0.5 teaspoon penzey's southwest seasoning italian
- 3 tablespoons olive oil
- 0.8 cup parmesan grated
- 3 plum tomatoes halved seeded cut into 1-inch dice
- 0.5 cup roasted peppers red jarred drained cut into 1-inch dice
- 18 servings salt and pepper

- 0.5 cup shallots chopped
- 1 tablespoon butter unsalted
- 0.5 cup vegetable broth low-sodium
- 1 baby squash yellow
- 1 zucchini

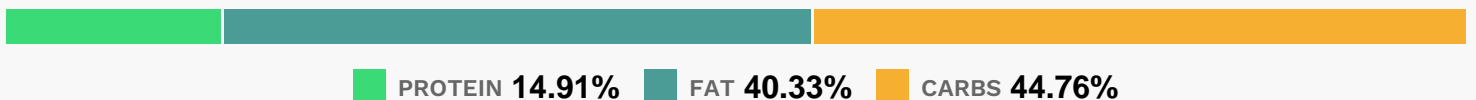
Equipment

- frying pan
- pot
- peeler

Directions

- Bring a pot of salted water to boil. Cook pasta until al dente, about 10 minutes or as package label directs.
- Trim ends of zucchini and squash and, using a vegetable peeler, shave lengthwise into long ribbons. Discard seeded center and any strips of peel.
- Warm oil and butter in a large skillet over medium heat until butter melts.
- Add shallot; saut until softened, about 5 minutes. Raise heat to medium-high.
- Add garlic, red peppers and tomatoes; cook for 3 minutes.
- Add zucchini, squash, Italian seasoning, broth and 1/2 tsp. each salt and pepper; saut 2 minutes longer.
- Remove from heat.
- Drain pasta, reserving 1/2 cup cooking liquid. Toss pasta with vegetables. Stir in arugula and 1/2 cup Parmesan, adding reserved liquid 1 Tbsp. at a time to moisten, if desired.
- Serve, passing Parmesan on the side.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:4.33, Inflammation Score:-3, Nutrition Score:4.6513043369936%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 103.14kcal (5.16%), Fat: 4.7g (7.24%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.65g (3.87%), Sugar: 1.63g (1.81%), Cholesterol: 15.09mg (5.03%), Sodium: 319.32mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Selenium: 11.06µg (15.8%), Manganese: 0.2mg (9.83%), Vitamin C: 7.82mg (9.48%), Phosphorus: 76.12mg (7.61%), Calcium: 65.78mg (6.58%), Vitamin B6: 0.12mg (5.8%), Vitamin A: 237.25IU (4.74%), Vitamin K: 4.82µg (4.59%), Fiber: 1.1g (4.41%), Potassium: 150.03mg (4.29%), Magnesium: 16.67mg (4.17%), Folate: 15.37µg (3.84%), Copper: 0.07mg (3.47%), Vitamin E: 0.51mg (3.4%), Vitamin B2: 0.06mg (3.36%), Zinc: 0.49mg (3.24%), Iron: 0.55mg (3.04%), Vitamin B1: 0.04mg (2.88%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.09µg (1.46%)