



Pasta Primavera

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup percent milk
- ☐ 0.5 pound asparagus trimmed cut into 2-inch pieces thin
- ☐ 0.3 cup basil leaves shredded
- ☐ 4 ounces button mushrooms sliced
- ☐ 6 ounces carrots with a peeler (2 cups carrot ribbons) peeled sliced into strips
- ☐ 1 cup cherry tomatoes sliced in 1/2 (6 ounces)
- ☐ 1 tablespoon flour dissolved in 3 tablespoons water all-purpose
- ☐ 3 cloves garlic minced

- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.8 pound pasta whole-wheat
- ☐ 1 cup chicken stock see low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces parmesan grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 1 bell pepper red cleaned seeded cut into strips (6 ounces)
- ☐ 0.5 teaspoon salt

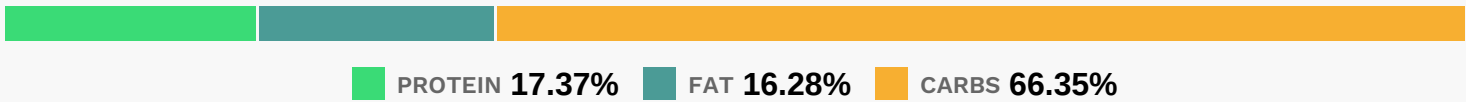
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large saute pan over medium-high heat. Cook garlic until soft, about 1 minute.
- ☐ Add peppers and cook until they begin to soften, about 3 minutes.
- ☐ Add mushrooms, asparagus and tomatoes and cook until softened, an additional 5 minutes. Stir in flour and cook for 1 minute more.
- ☐ Add chicken stock, milk, salt and pepper and bring to a boil; reduce to a simmer and cook until liquid has thickened slightly, about 5 minutes. Stir in carrot strips.
- ☐ Meanwhile, cook pasta according to package directions; drain, reserving 1/2 cup pasta water. Toss pasta with vegetables and sauce.
- ☐ Add pasta water, if necessary, to loosen mixture.
- ☐ Serve garnished with Parmesan, parsley and basil.

Nutrition Facts



Properties

Glycemic Index:112.71, Glycemic Load:29.18, Inflammation Score:-10, Nutrition Score:31.561739652053%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 471.59kcal (23.58%), Fat: 8.62g (13.27%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 79.07g (26.36%), Net Carbohydrates: 72.55g (26.38%), Sugar: 9.77g (10.85%), Cholesterol: 8.7mg (2.9%), Sodium: 534.2mg (23.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.41%), Vitamin A: 9036.4IU (180.73%), Selenium: 61.94µg (88.48%), Vitamin K: 73.58µg (70.08%), Vitamin C: 56.48mg (68.47%), Manganese: 1.12mg (56.13%), Phosphorus: 377.38mg (37.74%), Copper: 0.55mg (27.54%), Fiber: 6.52g (26.09%), Vitamin B3: 4.97mg (24.85%), Vitamin B2: 0.41mg (24.27%), Potassium: 811.77mg (23.19%), Calcium: 229.02mg (22.9%), Vitamin B6: 0.44mg (22.17%), Folate: 85.15µg (21.29%), Magnesium: 79.77mg (19.94%), Iron: 3.52mg (19.58%), Vitamin B1: 0.28mg (18.72%), Zinc: 2.44mg (16.24%), Vitamin E: 2.26mg (15.08%), Vitamin B5: 1.4mg (13.96%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.43µg (2.9%)