



Pasta Primavera

READY IN



25 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups broccoli florets
- ☐ 3 carrots thinly sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 12 ounces tricolor fusilli
- ☐ 2 cloves garlic minced
- ☐ 0.5 juice of lemon
- ☐ 4 servings kosher salt
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 cup parmesan cheese grated plus more for topping

- ☐ 1 cup peas frozen
- ☐ 4 servings pepper freshly ground
- ☐ 1 bell pepper red cut into thin strips
- ☐ 4 tablespoons butter unsalted cold

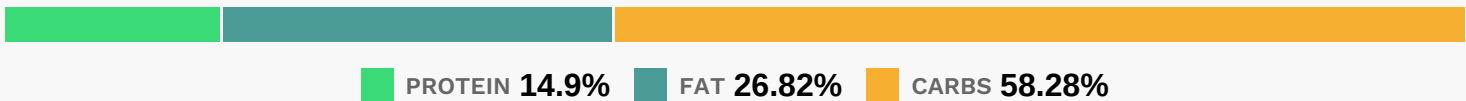
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs, adding the broccoli, carrots, bell pepper and peas during the last 3 minutes of cooking. Reserve 1 cup cooking water, then drain the pasta and vegetables and return to the pot.
- ☐ Heat 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the garlic and cook, stirring, until it begins to soften, about 1 minute.
- ☐ Add the vegetable broth, 1/2 teaspoon salt, and pepper to taste; bring to a simmer and cook until slightly reduced, about 3 minutes.
- ☐ Whisk in the remaining 2 tablespoons butter until melted and the sauce is thickened, about 1 more minute.
- ☐ Pour the sauce over the pasta and vegetables and add the cheese, parsley and lemon juice. Cook over low heat, stirring, until the cheese melts, about 1 minute, adding enough of the reserved pasta water to loosen the sauce. Season with salt and pepper and top with more cheese.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:72.79, Glycemic Load:30.1, Inflammation Score:-10, Nutrition Score:34.893478263979%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 568.8kcal (28.44%), Fat: 17.21g (26.48%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 84.16g (28.05%), Net Carbohydrates: 74.96g (27.26%), Sugar: 9.51g (10.57%), Cholesterol: 40.97mg (13.66%), Sodium: 502.92mg (21.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin A: 10046.08IU (200.92%), Vitamin C: 141.03mg (170.95%), Vitamin K: 143.57µg (136.74%), Selenium: 61.49µg (87.85%), Manganese: 1.27mg (63.58%), Phosphorus: 387.92mg (38.79%), Fiber: 9.19g (36.77%), Folate: 123.6µg (30.9%), Vitamin B6: 0.53mg (26.49%), Potassium: 874.27mg (24.98%), Magnesium: 92.23mg (23.06%), Vitamin B3: 4.39mg (21.96%), Copper: 0.43mg (21.34%), Calcium: 209.36mg (20.94%), Vitamin B1: 0.29mg (19.58%), Vitamin B2: 0.33mg (19.24%), Zinc: 2.86mg (19.07%), Iron: 2.91mg (16.19%), Vitamin E: 2.03mg (13.56%), Vitamin B5: 1.22mg (12.24%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.27µg (1.82%)