



Pasta Primavera

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons flour all-purpose
- ☐ 0.3 cup butter
- ☐ 1.5 cups milk
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 ounce soup noodles dry
- ☐ 1 envelope vegetable soup mix dry

Equipment

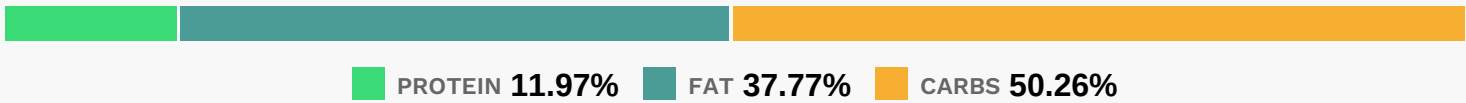
- ☐ frying pan

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a saucepan melt margarine. Blend soup mix with flour and milk and add to skillet; stir. Bring to a boil. Reduce heat and simmer 10 minutes. Stir in cheese. Toss with cooked pasta.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:19.07, Inflammation Score:-6, Nutrition Score:10.408695685151%

Nutrients (% of daily need)

Calories: 380.68kcal (19.03%), Fat: 15.91g (24.48%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 45.81g (16.66%), Sugar: 5.92g (6.58%), Cholesterol: 13.15mg (4.39%), Sodium: 215.84mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Selenium: 38.7µg (55.29%), Manganese: 0.53mg (26.57%), Phosphorus: 219.65mg (21.96%), Calcium: 150.98mg (15.1%), Vitamin A: 690.04IU (13.8%), Magnesium: 42.56mg (10.64%), Vitamin B2: 0.18mg (10.48%), Vitamin B12: 0.54µg (9.03%), Zinc: 1.29mg (8.59%), Copper: 0.17mg (8.35%), Potassium: 275.58mg (7.87%), Fiber: 1.84g (7.38%), Vitamin B1: 0.11mg (7.37%), Vitamin B6: 0.14mg (7.01%), Vitamin D: 1.02µg (6.79%), Vitamin B5: 0.61mg (6.09%), Vitamin B3: 1.11mg (5.56%), Iron: 0.79mg (4.36%), Vitamin E: 0.56mg (3.74%), Folate: 11.94µg (2.99%)