



Pasta Primavera

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 asparagus spears fresh cut into 2-inch pieces
- ☐ 1.5 cups broccoli flowerets fresh
- ☐ 0.3 cup butter
- ☐ 12 cherry tomatoes cut in half
- ☐ 7 ounces pasta like spaghetti cooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 10 large mushrooms fresh sliced
- ☐ 2 garlic cloves minced
- ☐ 1 cup green onions sliced

- ☐ 1.5 cups parmesan cheese freshly grated
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1.5 cups snow pea pods fresh trimmed
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream
- ☐ 1 cup zucchini sliced

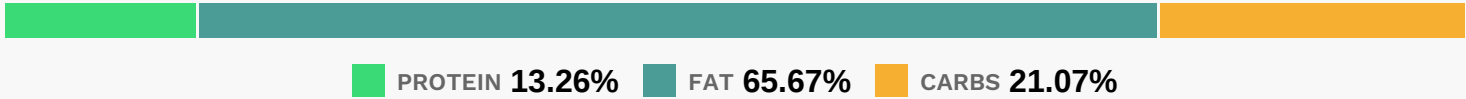
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bake pine nuts in a shallow pan at 350, stirring occasionally, 5 minutes or until toasted; set aside.
- ☐ Cook broccoli, snow peas, and asparagus in a Dutch oven in boiling water to cover 1 to 2 minutes or until crisp-tender.
- ☐ Drain and plunge into cold water to stop the cooking process.
- ☐ Drain again.
- ☐ Melt butter in a Dutch oven.
- ☐ Add garlic, and saute until tender.
- ☐ Add whipping cream and cheese, whisking until cheese melts.
- ☐ Add broccoli mixture, green onions, and next 7 ingredients, stirring constantly.
- ☐ Add pasta, and stir until thoroughly heated.
- ☐ Sprinkle with pine nuts, and, if desired, additional Parmesan cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:5.87, Inflammation Score:-9, Nutrition Score:26.799565377443%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 461.54kcal (23.08%), Fat: 34.84g (53.61%), Saturated Fat: 15.1g (94.41%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 20.98g (7.63%), Sugar: 6.13g (6.81%), Cholesterol: 66.57mg (22.19%), Sodium: 752.19mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Vitamin K: 130.78µg (124.55%), Vitamin C: 55.7mg (67.51%), Manganese: 1.12mg (55.98%), Vitamin A: 2440.84IU (48.82%), Phosphorus: 350.63mg (35.06%), Selenium: 24.22µg (34.59%), Calcium: 310.76mg (31.08%), Vitamin B2: 0.48mg (28.1%), Copper: 0.42mg (21.17%), Folate: 80.16µg (20.04%), Potassium: 650.15mg (18.58%), Iron: 3.32mg (18.46%), Zinc: 2.59mg (17.26%), Magnesium: 67.78mg (16.94%), Fiber: 4.18g (16.73%), Vitamin E: 2.48mg (16.51%), Vitamin B6: 0.29mg (14.64%), Vitamin B3: 2.91mg (14.54%), Vitamin B1: 0.21mg (14.28%), Vitamin B5: 1.34mg (13.42%), Vitamin B12: 0.43µg (7.1%), Vitamin D: 0.84µg (5.58%)