

health-score 59%

Pasta Primavera

Vegetarian Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces asiago cheese divided grated
- ☐ 1 cup bell pepper strips red
- ☐ 2 cups carrots diagonally sliced
- ☐ 0.5 cup vermouth dry
- ☐ 2 tablespoons fennel fronds chopped
- ☐ 1 cup fennel bulb chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cups fusilli uncooked twisted spaghetti
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups leek thinly sliced 1 medium
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup peas green frozen thawed
- ☐ 0.5 teaspoon salt

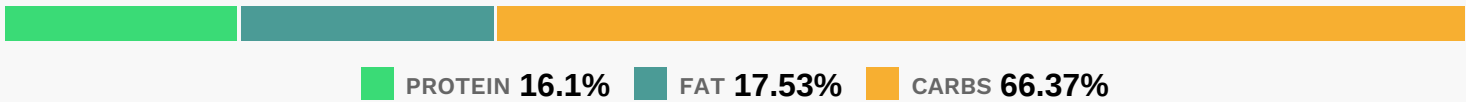
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam carrot, covered, 5 minutes or until crisp-tender. Set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fennel; saut 3 minutes.
- ☐ Add leek and next 5 ingredients (leek through garlic); saut 5 minutes.
- ☐ Add carrot, peas, vermouth, and salt. Cover, reduce heat, and simmer 2 minutes.
- ☐ Combine pasta, vegetable mixture, cheese, and fennel fronds in a bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:79.03, Glycemic Load:27.9, Inflammation Score:-10, Nutrition Score:26.316086819638%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 463.08kcal (23.15%), Fat: 8.79g (13.52%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 74.84g (24.95%), Net Carbohydrates: 67.84g (24.67%), Sugar: 8.3g (9.23%), Cholesterol: 9.64mg (3.21%), Sodium: 472.45mg (20.54%), Alcohol: 1.9g (100%), Alcohol %: 0.94% (100%), Protein: 18.15g (36.31%), Vitamin A: 8771.98IU (175.44%), Selenium: 54.11µg (77.3%), Vitamin C: 53.47mg (64.81%), Manganese: 1.14mg (56.85%), Vitamin K: 42.1µg (40.1%), Phosphorus: 317.83mg (31.78%), Fiber: 7g (27.99%), Calcium: 243.27mg (24.33%), Magnesium: 78.47mg (19.62%), Vitamin B6: 0.39mg (19.32%), Copper: 0.36mg (17.98%), Folate: 71.89µg (17.97%), Potassium: 581.52mg (16.61%), Iron: 2.84mg (15.75%), Vitamin B3: 2.82mg (14.12%), Zinc: 2.1mg (14.01%), Vitamin B1: 0.2mg (13.48%), Vitamin B2: 0.2mg (11.7%), Vitamin E: 1.65mg (11.03%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.17µg (2.83%)