



Pasta Primavera

READY IN



35 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces fettuccine barilla uncooked
- 1 tablespoon vegetable oil
- 1 cup cauliflower florets
- 1 cup cauliflower florets
- 1 cup carrots thinly sliced
- 1 cup peas green frozen rinsed
- 0.3 cup onion chopped
- 10 ounces alfredo sauce refrigerated
- 1 tablespoon parmesan cheese grated

Equipment

frying pan

Directions

Cook fettuccine as directed on package.

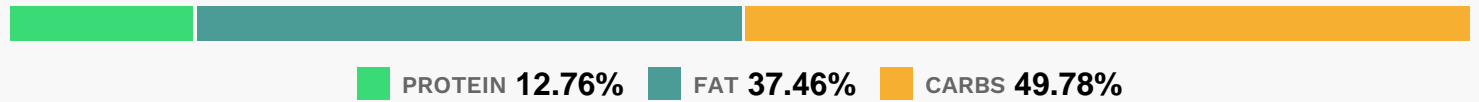
While fettuccine is cooking, heat oil in 12-inch skillet over medium-high heat. Cook broccoli, cauliflowerets, carrots, peas and onion in oil 6 to 8 minutes, stirring frequently, until vegetables are crisp-tender.

Stir in Alfredo sauce; heat through.

Drain fettuccine. Stir fettuccine into sauce mixture; heat through.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56.54, Glycemic Load:20.05, Inflammation Score:-10, Nutrition Score:21.360000035037%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 439.6kcal (21.98%), Fat: 18.26g (28.1%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 48.6g (17.67%), Sugar: 7.15g (7.95%), Cholesterol: 95.21mg (31.74%), Sodium: 549.42mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Vitamin A: 5669.4IU (113.39%), Selenium: 46.15µg (65.93%), Vitamin C: 41.23mg (49.97%), Manganese: 0.77mg (38.53%), Vitamin K: 27.56µg (26.25%), Fiber: 6g (24.01%), Phosphorus: 219.82mg (21.98%), Folate: 76.56µg (19.14%), Vitamin B6: 0.33mg (16.65%), Vitamin B1: 0.24mg (16.26%), Magnesium: 57.63mg (14.41%), Potassium: 495.6mg (14.16%), Copper: 0.27mg (13.52%), Vitamin B3: 2.53mg (12.64%), Zinc: 1.82mg (12.14%), Iron: 1.94mg (10.8%), Vitamin B5: 0.99mg (9.92%), Vitamin B2: 0.15mg (9.09%), Calcium: 63.82mg (6.38%), Vitamin E: 0.79mg (5.3%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.18µg

(1.18%)