



 **23%**  
HEALTH SCORE

## Pasta Primavera

READY IN



25 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

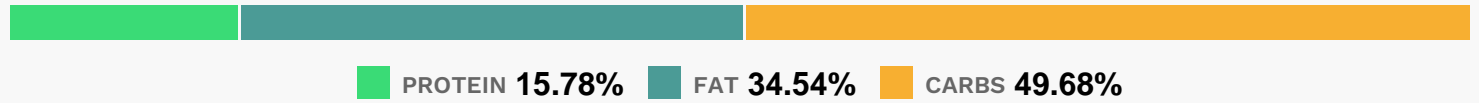
## Ingredients

- 1 cup asparagus cut into 1 inch pieces
- 2 cups broccoli florets fresh
- 4 tablespoons butter
- 1 lb snow peas fresh frozen thawed
- 1 cup peas green
- 1 cup half and half
- 12 ounces pasta dry
- 1 cup parmesan cheese grated
- 6 servings salt and pepper

1 cup zucchini sliced

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:35.89, Glycemic Load:18.54, Inflammation Score:-9, Nutrition Score:26.944347826087%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

## Nutrients (% of daily need)

Calories: 469.9kcal (23.49%), Fat: 18.18g (27.97%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 52.23g (18.99%), Sugar: 9.04g (10.05%), Cholesterol: 48.68mg (16.23%), Sodium: 589.82mg (25.64%), Protein: 18.69g (37.38%), Vitamin C: 87.4mg (105.93%), Selenium: 45.33µg (64.76%), Vitamin K: 67.53µg (64.31%), Manganese: 0.95mg (47.71%), Vitamin A: 1925.97IU (38.52%), Phosphorus: 359.04mg (35.9%), Calcium: 266.23mg (26.62%), Fiber: 6.62g (26.49%), Folate: 95.84µg (23.96%), Vitamin B2: 0.35mg (20.69%), Vitamin B1: 0.31mg (20.57%), Magnesium: 79.44mg (19.86%), Iron: 3.54mg (19.66%), Vitamin B6: 0.38mg (19.17%), Potassium: 617.7mg (17.65%), Copper: 0.34mg (17.23%), Zinc: 2.5mg (16.68%), Vitamin B5: 1.29mg (12.95%), Vitamin B3: 2.49mg (12.44%), Vitamin E: 1.3mg (8.7%), Vitamin B12: 0.32µg (5.29%)