



Pasta Primavera

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups asparagus diagonally sliced (1-inch)
- ☐ 2 cups carrots sliced
- ☐ 6 cups fettuccine barilla hot cooked uncooked (10 ounces pasta)
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh divided grated

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups snow peas

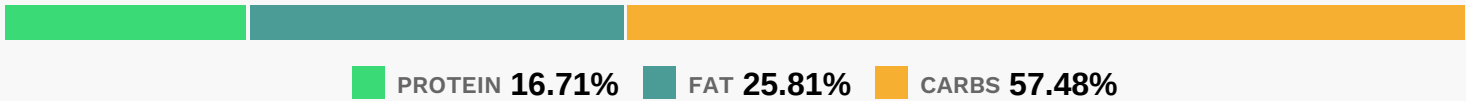
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Drop the first 3 ingredients into a large saucepan of boiling water; cook 2 minutes.
- ☐ Drain and set aside.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion and garlic; saute 2 minutes or until tender.
- ☐ Remove from heat.
- ☐ Add asparagus mixture, fettuccine, 1/4 cup cheese, parsley, wine, salt, and pepper; toss well. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:14.46, Inflammation Score:-10, Nutrition Score:19.881738984067%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 248.77kcal (12.44%), Fat: 7.15g (11.01%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 31.48g (11.45%), Sugar: 4.98g (5.53%), Cholesterol: 36.3mg (12.1%), Sodium: 384.07mg (16.7%), Alcohol: 0.51g (100%), Alcohol %: 0.26% (100%), Protein: 10.43g (20.85%), Vitamin A: 8039.19IU (160.78%), Vitamin K: 73.27µg (69.78%), Selenium: 28.21µg (40.3%), Vitamin C: 24.34mg (29.51%), Manganese: 0.58mg (29.16%), Phosphorus: 203.02mg (20.3%), Fiber: 4.38g (17.51%), Calcium: 169.24mg (16.92%), Iron: 2.53mg (14.07%), Folate: 55.94µg (13.98%), Copper: 0.24mg (12.07%), Magnesium: 46.66mg (11.67%), Vitamin B1: 0.17mg (11.61%), Vitamin B6: 0.23mg (11.42%), Potassium: 366.75mg (10.48%), Vitamin B2: 0.17mg (9.85%), Vitamin E: 1.44mg (9.58%), Zinc: 1.41mg (9.39%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.5mg (7.52%), Vitamin B12: 0.21µg (3.43%)