

Pasta Primavera

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups asparagus diagonally sliced (3-inch) (1 pound)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh minced
- ☐ 0.5 cup green onions sliced
- ☐ 1.5 cups peas green shelled ()
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil divided

- ☐ 2 tablespoons oregano fresh minced
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 2 ounces pancetta thinly sliced chopped
- ☐ 12 ounces spaghetti uncooked
- ☐ 2 cups zucchini diced

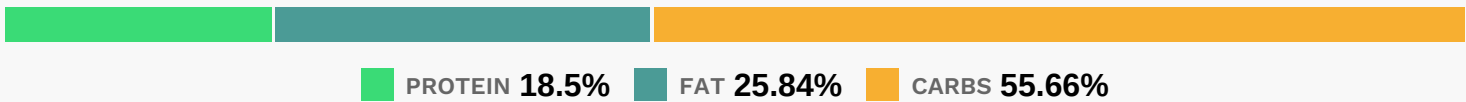
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring water to a boil in a large Dutch oven, and add the pasta. Cook pasta for 5 minutes.
- ☐ Add the asparagus, and cook 2 minutes.
- ☐ Add the peas, and cook for 1 minute.
- ☐ Drain well, and set aside.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add zucchini; saut 5 minutes.
- ☐ Add onions; saut 1 minute.
- ☐ Add broth and wine; bring to a boil. Stir in pasta mixture, basil, and oregano; cook 1 minute.
- ☐ Remove from heat; stir in 1 teaspoon oil, salt, pepper, and prosciutto. Spoon 1 1/4 cups primavera into each of 8 shallow bowls; top each serving with 1 1/2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:16.656087204166%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 295.05kcal (14.75%), Fat: 8.33g (12.81%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 35.55g (12.93%), Sugar: 4.66g (5.18%), Cholesterol: 11.91mg (3.97%), Sodium: 487.73mg (21.21%), Alcohol: 1.03g (100%), Alcohol %: 0.63% (100%), Protein: 13.42g (26.84%), Vitamin K: 49.7µg (47.33%), Selenium: 32.94µg (47.06%), Manganese: 0.73mg (36.33%), Vitamin C: 20.06mg (24.32%), Phosphorus: 236.74mg (23.67%), Fiber: 4.82g (19.27%), Calcium: 184.73mg (18.47%), Folate: 62.98µg (15.75%), Vitamin A: 782.5IU (15.65%), Iron: 2.73mg (15.18%), Copper: 0.29mg (14.72%), Vitamin B1: 0.22mg (14.43%), Magnesium: 54.82mg (13.7%), Vitamin B6: 0.25mg (12.51%), Vitamin B2: 0.21mg (12.36%), Vitamin B3: 2.42mg (12.1%), Potassium: 401.44mg (11.47%), Zinc: 1.72mg (11.46%), Vitamin E: 1.17mg (7.77%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.22µg (3.66%)