

Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups diagonally cut asparagus thin (1-inch) ()
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.5 pound fusilli uncooked (short twisted spaghetti)
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup peas green shelled ()
- ☐ 1 teaspoon olive oil

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 small onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup whipping cream
- ☐ 1 small bell pepper yellow cut into julienne strips

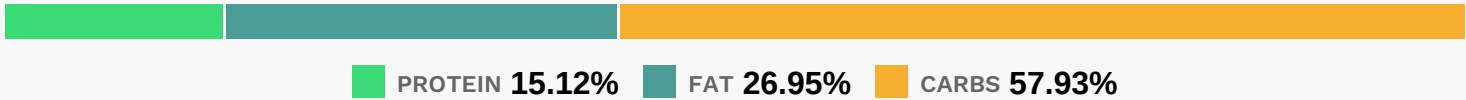
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add asparagus and peas during the last minute of cooking.
- ☐ Drain; place in a large bowl.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add bell pepper, onion, and garlic; saut 5 minutes.
- ☐ Add tomatoes; saut 1 minute. Stir in broth, whipping cream, salt, and red pepper; cook 2 minutes or until thoroughly heated.
- ☐ Add tomato mixture to pasta mixture; toss to coat.
- ☐ Sprinkle with cheese and basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.08, Glycemic Load:18.88, Inflammation Score:-8, Nutrition Score:20.791304339533%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg, Isorhamnetin: 5.2mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg, Quercetin: 15.43mg

Nutrients (% of daily need)

Calories: 369.99kcal (18.5%), Fat: 11.22g (17.27%), Saturated Fat: 6.09g (38.07%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 48.99g (17.82%), Sugar: 6.62g (7.36%), Cholesterol: 27.23mg (9.08%), Sodium: 579.97mg (25.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin C: 56.34mg (68.29%), Selenium: 41.37µg (59.1%), Manganese: 0.85mg (42.47%), Vitamin K: 41.45µg (39.47%), Vitamin A: 1365.17IU (27.3%), Phosphorus: 253.16mg (25.32%), Fiber: 5.29g (21.17%), Copper: 0.41mg (20.27%), Folate: 74.51µg (18.63%), Iron: 3.09mg (17.16%), Vitamin B1: 0.24mg (15.99%), Vitamin B6: 0.31mg (15.52%), Magnesium: 60.33mg (15.08%), Calcium: 149.88mg (14.99%), Potassium: 518.68mg (14.82%), Vitamin B2: 0.25mg (14.5%), Vitamin B3: 2.69mg (13.44%), Zinc: 1.81mg (12.05%), Vitamin E: 1.51mg (10.05%), Vitamin B5: 0.7mg (7.02%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.35µg (2.35%)