

Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces baby carrots trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup peas green shelled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 8 ounces baby vegetables halved
- ☐ 8 ounces penne pasta uncooked
- ☐ 1 teaspoon salt
- ☐ 0.3 cup whipping cream

Equipment

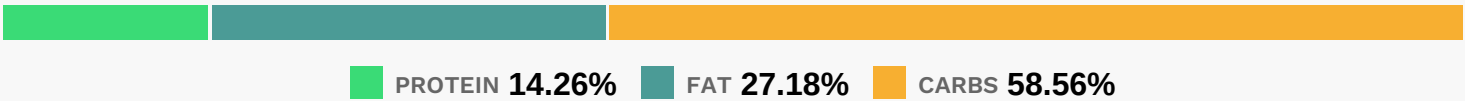
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring 2 quarts of water to a boil in a stockpot.
- ☐ Add carrots; cook 3 minutes.
- ☐ Remove with a slotted spoon.
- ☐ Add pasta to boiling water; cook according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add squash; saut 3 minutes.
- ☐ Add carrots, peas, salt, pepper, and garlic; saut 2 minutes. Stir in wine, scraping pan to loosen browned bits. Stir in cream and juice; cook 1 minute.
- ☐ Add pasta and cheese; stir well to coat.
- ☐ Remove from heat; stir in basil and parsley.
- ☐ Wine Note: Squash, peas, carrots, and an ample amount of herbs give this pasta a satisfying freshness that's made luxurious by cream and Parmesan. A crisp Sauvignon Blanc would be perfect, especially one that's refined and effortless to drink. Try Robert Mondavi Fun Blanc from the Napa Valley (about \$18). (Note: Fum Blanc is just another name for Sauvignon Blanc. See my wine column, page)
- ☐ Pasta Primavera with Shrimp and Sugar Snap Peas: Substitute 2 cups sugar snap peas for the green peas; cook sugar snap peas in boiling water with carrots. Substitute 1 pound peeled and

deveined medium shrimp for pattypan squash; saut 2 minutes. Stir in 2 cups trimmed arugula and 2 tablespoons chopped green onions with the basil and parsley.

Nutrition Facts



Properties

Glycemic Index:73.08, Glycemic Load:18.39, Inflammation Score:-10, Nutrition Score:22.761739191802%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 378.89kcal (18.94%), Fat: 11.18g (17.21%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 54.23g (18.08%), Net Carbohydrates: 48.73g (17.72%), Sugar: 7.36g (8.18%), Cholesterol: 27.23mg (9.08%), Sodium: 742.01mg (32.26%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 13.21g (26.41%), Vitamin A: 6938.09IU (138.76%), Vitamin K: 82.04µg (78.13%), Selenium: 39.26µg (56.08%), Manganese: 0.87mg (43.5%), Vitamin C: 29.48mg (35.74%), Phosphorus: 238.04mg (23.8%), Fiber: 5.5g (22%), Copper: 0.34mg (16.78%), Magnesium: 65.99mg (16.5%), Folate: 65.34µg (16.34%), Calcium: 153.13mg (15.31%), Vitamin B6: 0.28mg (14.01%), Potassium: 469.63mg (13.42%), Vitamin B1: 0.19mg (12.74%), Iron: 2.19mg (12.18%), Zinc: 1.71mg (11.39%), Vitamin B3: 2.23mg (11.17%), Vitamin B2: 0.17mg (10.15%), Vitamin B5: 0.62mg (6.24%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.35µg (2.35%), Vitamin B12: 0.12µg (1.95%)