



Pasta Primavera Alfredo

READY IN



25 min.

SERVINGS



25

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups broccoli florets
- 0.3 cup butter ()
- 0.8 lb carrots cut into thin slices
- 4 oz philadelphia cream cheese cubed ()
- 0.5 tsp garlic powder
- 1 cup milk
- 0.3 cup parmesan cheese grated kraft
- 0.8 lb pasta like spaghetti uncooked

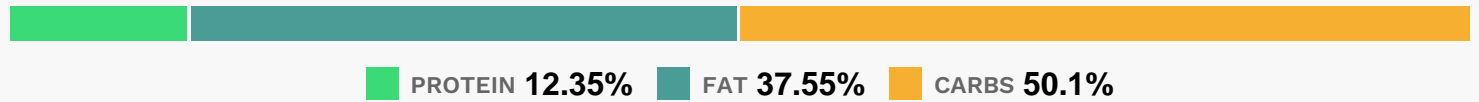
Equipment

- frying pan
- sauce pan

Directions

- Cook spaghetti in large saucepan as directed on package, adding vegetables to the boiling water the last 3 min.
- Meanwhile, cook remaining ingredients in saucepan on medium-low heat until cream cheese is completely melted and mixture is well blended, stirring occasionally.
- Drain spaghetti mixture; return to pan.
- Add sauce; toss to coat.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:4.9, Inflammation Score:-9, Nutrition Score:6.4217390858609%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 103.6kcal (5.18%), Fat: 4.37g (6.72%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 12g (4.36%), Sugar: 1.84g (2.04%), Cholesterol: 11.79mg (3.93%), Sodium: 69.73mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin A: 2486.34IU (49.73%), Selenium: 9.97µg (14.24%), Vitamin C: 10.54mg (12.78%), Vitamin K: 13.25µg (12.62%), Manganese: 0.17mg (8.49%), Phosphorus: 61.65mg (6.17%), Fiber: 1.11g (4.42%), Calcium: 41.27mg (4.13%), Potassium: 132.76mg (3.79%), Vitamin B2: 0.06mg (3.42%), Vitamin B6: 0.07mg (3.39%), Magnesium: 13.28mg (3.32%), Folate: 12.5µg (3.12%), Copper: 0.05mg (2.63%), Zinc: 0.39mg (2.62%), Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.23mg (2.28%), Vitamin B3: 0.45mg (2.26%), Vitamin E: 0.29mg (1.96%), Iron: 0.31mg (1.74%), Vitamin B12: 0.08µg (1.41%)