



Pasta Primavera Pronto

READY IN



30 min.

SERVINGS



4

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper dried red hot
- 2 tablespoons butter unsalted
- 4 servings parmesan finely grated
- 0.5 pound grape tomatoes halved lengthwise
- 1 lb fettuccine barilla dried
- 3 ounces onion frozen chopped
- 6 garlic clove finely chopped
- 1 lb broccoli florets frozen
- 0.3 cup olive oil

- 0.3 cup parmesan finely grated
- 5 ounces baby lima beans frozen shelled
- 10 oz haricots verts frozen

Equipment

- bowl
- frying pan
- pot
- slotted spoon
- colander

Directions

- Bring a 6-quart pot of salted water
- to a boil.
- Add frozen broccoli, haricots verts, and edamame and cook, uncovered, until crisp-tender, about 3 minutes.
- Transfer vegetables with a slotted spoon to a large bowl.
- Add pasta to boiling water and cook until al dente, then drain in a colander.
- Meanwhile, heat 2 tablespoons oil in a deep 12-inch skillet over high heat until hot but not smoking and sauté garlic and red pepper flakes, stirring, until garlic is golden, about 1 minute.
- Transfer oil with garlic and red pepper to a cup.
- Add remaining 2 tablespoons oil to skillet and cook onions, stirring, until softened and pale golden, about 3 minutes.
- Add boiled vegetables and tomatoes and cook, covered, until vegetables are tender, about 5 minutes.
- Add butter and cheese and stir until combined. Put fettuccine in a deep serving dish and toss with vegetable mixture and garlic oil.

Nutrition Facts



■ PROTEIN 16.65% ■ FAT 34.64% ■ CARBS 48.71%

Properties

Glycemic Index:67.75, Glycemic Load:38.52, Inflammation Score:-10, Nutrition Score:42.966522113137%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 9.41mg, Kaempferol: 9.41mg, Kaempferol: 9.41mg, Kaempferol: 9.41mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg

Nutrients (% of daily need)

Calories: 880.15kcal (44.01%), Fat: 34.48g (53.05%), Saturated Fat: 12.98g (81.11%), Carbohydrates: 109.11g (36.37%), Net Carbohydrates: 97.2g (35.35%), Sugar: 9.11g (10.12%), Cholesterol: 134.95mg (44.98%), Sodium: 672.18mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.3g (74.59%), Vitamin K: 160.71µg (153.06%), Vitamin C: 123.49mg (149.68%), Selenium: 102.36µg (146.23%), Manganese: 1.79mg (89.33%), Phosphorus: 692.21mg (69.22%), Calcium: 581.75mg (58.17%), Fiber: 11.91g (47.64%), Vitamin A: 2301.02IU (46.02%), Folate: 153.1µg (38.27%), Vitamin B6: 0.76mg (38.13%), Magnesium: 150.79mg (37.7%), Potassium: 1165.81mg (33.31%), Iron: 5.17mg (28.7%), Vitamin B1: 0.43mg (28.42%), Vitamin B2: 0.48mg (28.26%), Zinc: 4.23mg (28.19%), Copper: 0.56mg (27.79%), Vitamin E: 4.14mg (27.62%), Vitamin B3: 4.5mg (22.49%), Vitamin B5: 2.19mg (21.86%), Vitamin B12: 0.78µg (12.93%), Vitamin D: 0.63µg (4.18%)