



Pasta & Vegetables with Cilantro Sauce

READY IN



30 min.

SERVINGS



10

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb asparagus spears fresh trimmed cut into 2-inch lengths
- 1.5 lb carrots thinly sliced
- 16 oz farfalle pasta (bow-tie pasta)
- 1 large bunch cilantro leaves fresh
- 2 cloves garlic
- 0.8 cup 3/4 cup kraft zesty italian dressing italian divided kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup parmesan cheese grated kraft
- 1 jalapeño pepper stemmed

- 1 onion red sliced
- 1 cup planters slivered almonds

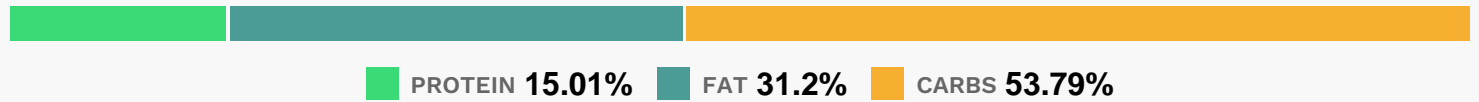
Equipment

- bowl
- frying pan
- blender

Directions

- Blend 1/2 cup dressing, cilantro, nuts, pepper and garlic in blender until smooth.
- Cook pasta as directed on package. Meanwhile, heat remaining dressing in large nonstick skillet on medium heat.
- Add carrots, asparagus and onions; cook 8 min. or until crisp-tender, stirring frequently.
- Drain pasta; place in large bowl. Stir in mozzarella, dressing mixture and vegetable mixture.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:16.43, Inflammation Score:-10, Nutrition Score:21.324347923631%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 354.78kcal (17.74%), Fat: 12.52g (19.25%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 42.65g (15.51%), Sugar: 8.27g (9.19%), Cholesterol: 9.34mg (3.11%), Sodium: 339.71mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Vitamin A: 11846.24IU (236.92%), Selenium: 33.21µg (47.45%), Manganese: 0.88mg (44.04%), Vitamin K: 40.69µg (38.75%), Vitamin E: 4.21mg (28.1%), Phosphorus: 260.08mg (26.01%), Fiber: 5.91g (23.63%), Calcium: 188.49mg (18.85%), Copper: 0.38mg (18.75%), Magnesium: 73.68mg (18.42%), Vitamin B2: 0.3mg (17.73%), Potassium: 542.44mg (15.5%), Folate: 53.21µg (13.3%), Vitamin B6: 0.26mg (12.88%), Iron: 2.3mg (12.8%), Vitamin B1: 0.19mg (12.39%), Zinc: 1.85mg (12.3%), Vitamin B3: 2.34mg (11.69%), Vitamin C: 7.84mg (9.51%), Vitamin B5: 0.6mg (5.96%), Vitamin B12: 0.13µg (2.09%)