

Penne Primavera

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 1 medium carrots julienned
- ☐ 1 clove garlic crushed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 cup peas frozen
- ☐ 8 ounce penne pasta
- ☐ 2 cups vegetable broth

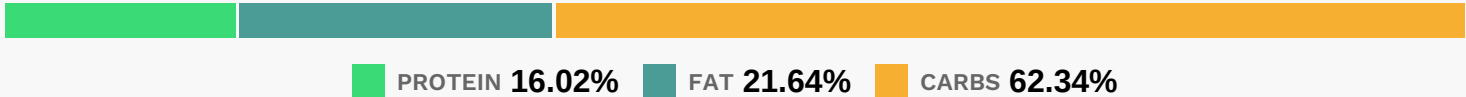
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil and garlic in a large skillet over medium heat. When garlic is tender, remove from skillet and set aside.
- ☐ Place the broccoli and carrot in the skillet, and cook 2 minutes, just until heated through.
- ☐ In a pot, bring the vegetable broth to a boil. Stir in the penne pasta and heated crushed garlic clove. Cook for 5 minutes, or until pasta is almost al dente.
- ☐ Remove and discard garlic clove.
- ☐ Transfer the partially cooked pasta and broth to the skillet.
- ☐ Mix in the peas. Cover skillet, and continue cooking 10 minutes over medium heat, or until pasta is al dente and vegetables are tender. Toss with the Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:60.04, Glycemic Load:19.54, Inflammation Score:-9, Nutrition Score:19.9486955728222%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 337.31kcal (16.87%), Fat: 8.14g (12.52%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 48.26g (17.55%), Sugar: 5.05g (5.61%), Cholesterol: 10.88mg (3.63%), Sodium: 718.79mg (31.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Vitamin A: 3328.25IU (66.57%), Selenium: 41.79µg (59.71%), Vitamin C: 48.97mg (59.36%), Vitamin K: 55.31µg (52.67%), Manganese: 0.73mg (36.74%), Phosphorus: 242.5mg (24.25%), Fiber: 4.47g (17.89%), Calcium: 154.75mg (15.47%), Folate: 54.32µg (13.58%), Magnesium: 51.98mg (12.99%), Zinc: 1.8mg (11.98%), Copper: 0.23mg (11.61%), Vitamin B6: 0.23mg (11.56%),

Potassium: 389.29mg (11.12%), Vitamin B1: 0.15mg (9.77%), Vitamin B2: 0.16mg (9.65%), Vitamin B3: 1.8mg (8.99%),
Iron: 1.47mg (8.17%), Vitamin E: 1.11mg (7.4%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.17µg (2.81%)