



Peppery Pasta Primavera

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups broccoli florets fresh
- 12 ounces pasta cooked
- 3 tablespoons basil fresh chopped
- 2 garlic cloves pressed
- 1 cup goat cheese crumbled
- 2 tablespoons olive oil
- 1 teaspoon pepper dried red crushed
- 0.5 teaspoon salt

- 0.5 cup shallots chopped
- 1 tomatoes coarsely chopped
- 0.5 cup whipping cream

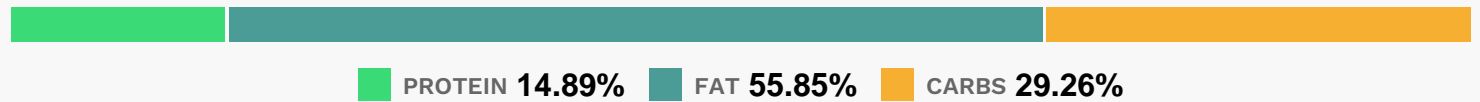
Equipment

- frying pan

Directions

- Saut broccoli and next 4 ingredients in hot oil in a large skillet over medium-high heat 4 to 5 minutes or until broccoli and shallots are tender.
- Combine broccoli mixture, hot pasta, cheese, cream, and salt, tossing gently to coat.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:5.64, Inflammation Score:-5, Nutrition Score:7.421739127325%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 195.86kcal (9.79%), Fat: 12.32g (18.95%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.94g (4.7%), Sugar: 2.25g (2.5%), Cholesterol: 23.89mg (7.96%), Sodium: 213.36mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Vitamin K: 20.18µg (19.22%), Vitamin C: 15.18mg (18.39%), Selenium: 10.59µg (15.12%), Vitamin A: 688.4IU (13.77%), Copper: 0.23mg (11.6%), Manganese: 0.23mg (11.51%), Phosphorus: 105.66mg (10.57%), Vitamin B6: 0.16mg (8.23%), Vitamin B2: 0.14mg (8.18%), Iron: 1.23mg (6.86%), Fiber: 1.59g (6.34%), Calcium: 56.95mg (5.69%), Vitamin E: 0.83mg (5.55%), Folate: 20.53µg (5.13%), Magnesium: 18.13mg (4.53%), Potassium: 152.1mg (4.35%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.35mg (3.53%), Vitamin B1: 0.05mg (3.22%), Vitamin B3: 0.46mg (2.29%), Vitamin D: 0.28µg (1.87%), Vitamin B12: 0.06µg (1.04%)