



Primavera Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 pound broccoli florets
- ☐ 6 ounce canadian bacon sliced cut into 1/4-inch strips
- ☐ 1 cup carrots grated
- ☐ 2 tablespoons milk fat-free
- ☐ 2 cups grape tomatoes halved
- ☐ 0.5 cup heavy whipping cream sour reduced-fat
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 8 ounces penne pasta) (tube-shaped uncooked

- ☐ 7 ounce roasted peppers drained cut into 1/2-inch strips
- ☐ 0.5 teaspoon salt
- ☐ 3 quarts water
- ☐ 1 cup zucchini sliced

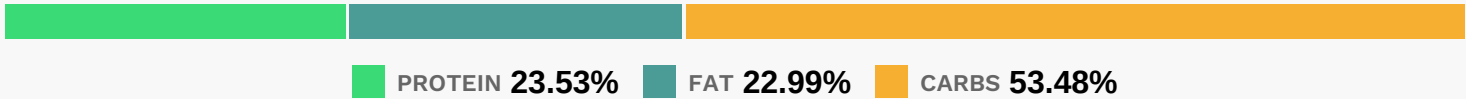
Equipment

- ☐ frying pan

Directions

- ☐ Bring water and salt to a boil.
- ☐ Add pasta; cook 9 minutes.
- ☐ Add broccoli; cook 2 minutes.
- ☐ Add zucchini; cook 2 minutes.
- ☐ Drain; keep warm.
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add bacon, and saut 3 minutes. Stir in sour cream and milk.
- ☐ Combine pasta mixture, tomato, and next 3 ingredients.
- ☐ Add bacon mixture; toss well.
- ☐ Sprinkle with cheese.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:13.28, Inflammation Score:-10, Nutrition Score:23.627826172373%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg,

Kaempferol: 3.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 290.19kcal (14.51%), Fat: 7.49g (11.52%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 35.14g (12.78%), Sugar: 4.86g (5.4%), Cholesterol: 27.46mg (9.15%), Sodium: 1129.51mg (49.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.49%), Vitamin A: 4574.72IU (91.49%), Vitamin C: 61.03mg (73.98%), Selenium: 34.92µg (49.88%), Vitamin K: 46.89µg (44.65%), Manganese: 0.64mg (32.18%), Phosphorus: 284.07mg (28.41%), Vitamin B1: 0.34mg (22.55%), Calcium: 217.78mg (21.78%), Vitamin B6: 0.41mg (20.41%), Potassium: 650.51mg (18.59%), Vitamin B3: 3.48mg (17.39%), Fiber: 4.05g (16.21%), Copper: 0.32mg (15.94%), Magnesium: 60.01mg (15%), Folate: 56.42µg (14.1%), Vitamin B2: 0.23mg (13.42%), Zinc: 1.77mg (11.82%), Iron: 1.62mg (8.98%), Vitamin B5: 0.75mg (7.48%), Vitamin B12: 0.41µg (6.88%), Vitamin D: 0.93µg (6.23%), Vitamin E: 0.91mg (6.07%)