



## Primavera Pasta Salad

READY IN



25 min.

SERVINGS



14

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 9 oz farfalle pasta uncooked (farfalle)
- 12 oz snow peas fresh
- 2 large bell pepper red cut into 1-inch pieces (2 cups)
- 1 cup carrots sliced
- 0.5 cup basil fresh chopped
- 2 oz parmesan shredded
- 1 cup creamy peanut butter
- 2 tablespoons milk

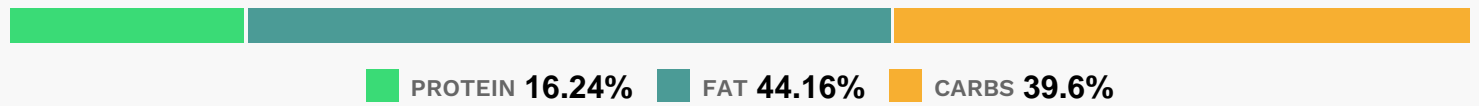
# Equipment

- bowl
- whisk

# Directions

- Cook and drain pasta as directed on package, adding pea pods for last minute of cooking. Rinse with cold water; drain.
- In very large (4-quart) bowl, mix bell peppers, carrots, basil and cheese. In small bowl, mix dressing and milk with wire whisk.
- Add dressing mixture, pasta and pea pods to bell pepper mixture; toss to coat.

# Nutrition Facts



# Properties

Glycemic Index:19.27, Glycemic Load:6.59, Inflammation Score:-9, Nutrition Score:13.746521805939%

# Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 215.04kcal (10.75%), Fat: 10.95g (16.85%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.23g (6.99%), Sugar: 4.95g (5.5%), Cholesterol: 3.01mg (1%), Sodium: 154.1mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.13%), Vitamin C: 45.26mg (54.86%), Vitamin A: 2605.41IU (52.11%), Manganese: 0.55mg (27.33%), Selenium: 13.43µg (19.19%), Vitamin B3: 3.25mg (16.23%), Phosphorus: 149.84mg (14.98%), Vitamin E: 2.24mg (14.94%), Magnesium: 53.13mg (13.28%), Vitamin B6: 0.23mg (11.68%), Vitamin K: 12.14µg (11.56%), Fiber: 2.86g (11.45%), Folate: 42.72µg (10.68%), Copper: 0.16mg (8.1%), Potassium: 281.34mg (8.04%), Calcium: 80.07mg (8.01%), Iron: 1.25mg (6.94%), Vitamin B1: 0.1mg (6.67%), Zinc: 1mg (6.66%), Vitamin B2: 0.11mg (6.34%), Vitamin B5: 0.58mg (5.83%)