



Primavera Pasta Salad

READY IN



25 min.

SERVINGS



14

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

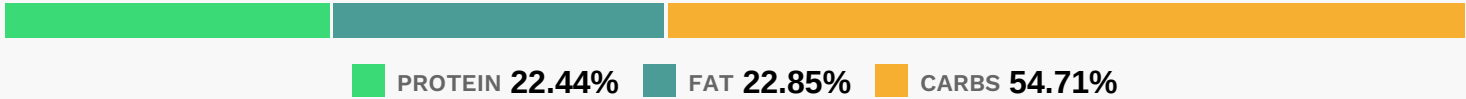
Equipment

- ☐ 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:20.2, Glycemic Load:6.2, Inflammation Score:-9, Nutrition Score:11.220000101172%

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: 133.02kcal (6.65%), Fat: 3.38g (5.2%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 16.24g (5.9%), Sugar: 3.07g (3.41%), Cholesterol: 7.87mg (2.62%), Sodium: 189.47mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Vitamin C: 45.26mg (54.86%), Vitamin A: 2661.19IU (53.22%), Selenium: 14.28µg (20.4%), Calcium: 155.61mg (15.56%), Manganese: 0.28mg (13.89%), Phosphorus: 136.94mg (13.69%), Vitamin K: 12.2µg (11.62%), Vitamin B6: 0.16mg (7.92%), Fiber: 1.98g (7.91%), Folate: 27.37µg (6.84%), Magnesium: 25.13mg (6.28%), Vitamin B2: 0.1mg (5.67%), Iron: 0.99mg (5.5%), Potassium: 183.97mg (5.26%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.73mg (4.84%), Copper: 0.09mg (4.34%), Vitamin B5: 0.42mg (4.21%), Vitamin B3: 0.82mg (4.08%), Vitamin E: 0.58mg (3.85%), Vitamin B12: 0.15µg (2.43%)