



Primavera Pasta Toss

READY IN



35 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb asparagus spears fresh trimmed cut into 1-inch lengths
- 1 carrots cut into matchlike sticks
- 1 cup cherry tomatoes halved
- 1 cup chicken broth fat-free reduced-sodium
- 0.5 lb fettuccine barilla uncooked
- 1 cup cut-up green beans fresh (1-inch pieces)
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 2 Tbsp parmesan cheese grated kraft

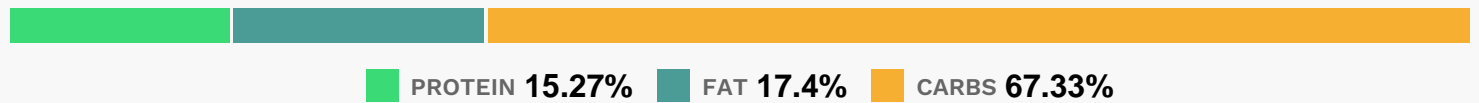
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding beans and carrots to the boiling water for the last 3 min., and adding asparagus for the last 2 min.
- Meanwhile, heat dressing in large skillet on medium-high heat.
- Add onions; cook 3 to 4 min. or until crisp-tender, stirring occasionally. Stir in broth; simmer on medium-low heat 5 to 6 min. or until slightly thickened.
- Add tomatoes; cook 2 to 3 min. or until heated through.
- Drain pasta mixture.
- Add to skillet; toss to coat. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:18.72, Inflammation Score:-10, Nutrition Score:20.077391386032%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg, Isorhamnetin: 4.23mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 297.8kcal (14.89%), Fat: 5.87g (9.03%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 46.24g (16.81%), Sugar: 6.8g (7.56%), Cholesterol: 49.8mg (16.6%), Sodium: 415.45mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Selenium: 48.79µg (69.7%), Vitamin A: 3409.36IU (68.19%), Vitamin K: 45.05µg (42.9%), Manganese: 0.73mg (36.61%), Phosphorus: 221.89mg (22.19%), Vitamin C: 17.45mg (21.15%), Fiber: 4.83g (19.33%), Copper: 0.35mg (17.55%), Iron: 3.03mg (16.86%), Folate: 67.26µg (16.81%), Vitamin B1: 0.24mg (15.97%), Vitamin B6: 0.3mg (15.22%), Potassium: 500.99mg (14.31%), Magnesium:

56.87mg (14.22%), Vitamin B3: 2.65mg (13.26%), Vitamin B2: 0.2mg (11.92%), Zinc: 1.71mg (11.41%), Vitamin E: 1.53mg (10.2%), Vitamin B5: 0.92mg (9.25%), Calcium: 83.16mg (8.32%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.18µg (1.22%)