



Pronto Pasta Primavera

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10.5 ounce chicken broth canned
- 8 ounces spaghetti cooked drained
- 1 teaspoon basil dried
- 0.5 teaspoon garlic powder
- 0.5 cup tomato basil sauce italian organic traditional
- 16 ounce savory vegetable red frozen (broccoli, cauliflower, pepper)

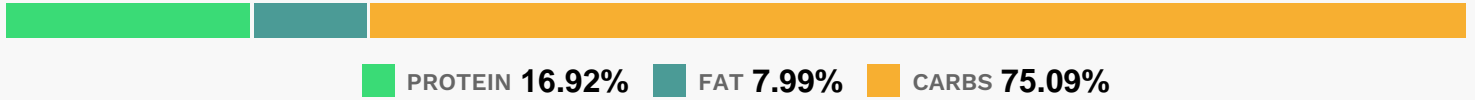
Equipment

- frying pan

Directions

- Heat the broth, Italian sauce, basil, garlic powder and vegetables in a 12-inch skillet over medium-high heat to a boil.
- Reduce the heat to low. Cook for 5 minutes or until the vegetables are tender-crisp. Toss with the spaghetti.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:12.83, Inflammation Score:-10, Nutrition Score:13.230000003524%

Nutrients (% of daily need)

Calories: 179.7kcal (8.98%), Fat: 1.66g (2.56%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 28.92g (10.52%), Sugar: 1.78g (1.97%), Cholesterol: 1.49mg (0.5%), Sodium: 389.12mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Vitamin A: 5855.45IU (117.11%), Manganese: 0.52mg (26.08%), Fiber: 6.18g (24.74%), Selenium: 15.82µg (22.6%), Vitamin C: 12.55mg (15.21%), Iron: 2.19mg (12.17%), Vitamin B1: 0.17mg (11.14%), Phosphorus: 105mg (10.5%), Magnesium: 40.23mg (10.06%), Potassium: 339.8mg (9.71%), Folate: 37.81µg (9.45%), Vitamin B2: 0.16mg (9.13%), Vitamin B3: 1.82mg (9.12%), Copper: 0.18mg (9.03%), Vitamin B6: 0.15mg (7.31%), Zinc: 0.88mg (5.87%), Calcium: 46.19mg (4.62%), Vitamin K: 4.29µg (4.08%), Vitamin B5: 0.26mg (2.6%)