



Spaghetti Primavera

READY IN



17 min.

SERVINGS



17

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups pasta like spaghetti cooked drained
- 2 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 0.8 cup classico family favorites pasta sauce traditional
- 2 cups cut-up vegetables fresh (bell peppers, zucchini, broccoli, carrots)

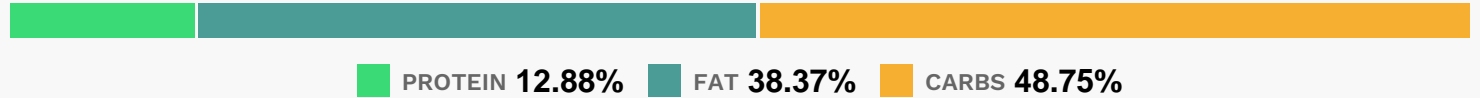
Equipment

- frying pan

Directions

- Cook and stir vegetables in hot oil in large skillet 5 minutes or until crisp-tender.
- Add spaghetti and pasta sauce. Cook 2 minutes or until thoroughly heated, stirring occasionally.
- Add cheese; mix well.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:2.73, Inflammation Score:-5, Nutrition Score:3.8939130672294%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 55.99kcal (2.8%), Fat: 2.43g (3.75%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.13g (2.23%), Sugar: 1.21g (1.35%), Cholesterol: 1.71mg (0.57%), Sodium: 86.41mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 23.19mg (28.11%), Vitamin A: 612.61IU (12.25%), Selenium: 5.12µg (7.31%), Vitamin E: 0.74mg (4.94%), Manganese: 0.09mg (4.3%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.83g (3.31%), Phosphorus: 29.46mg (2.95%), Folate: 10.31µg (2.58%), Potassium: 79.94mg (2.28%), Vitamin K: 2.37µg (2.26%), Iron: 0.4mg (2.22%), Calcium: 21.23mg (2.12%), Vitamin B2: 0.03mg (1.88%), Magnesium: 7.38mg (1.84%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.63%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.11mg (1.14%), Vitamin B1: 0.02mg (1.06%)