



 **21%**  
HEALTH SCORE

## Spinach Fettuccine Primavera

READY IN



27 min.

SERVINGS



6

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons butter
- 2 carrots peeled
- 1 cup chicken stock see
- 0.5 cup wine dry white
- 0.3 cup flat parsley generous chopped
- 2 cloves garlic finely chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup parmesan grated

- 1 cup peas green frozen
- 6 servings salt
- 2 shallots thinly sliced
- 1 pound nests of spinach fettuccine
- 2 medium zucchini

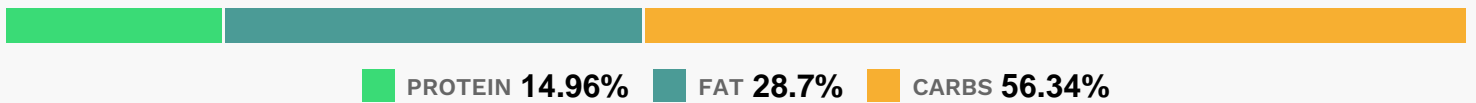
## Equipment

- frying pan
- peeler

## Directions

- Bring water for pasta to a boil. Salt the water add the pasta and cook to al dente, about 7 to 8 minutes. Use a vegetable peeler to make ribbons of carrot and zucchini. Keep the vegetables flat on counter and run the peeler the length of the vegetable. Drop the carrots and zucchini into the pasta water for the last 4 minutes of cooking time.
- Heat a medium skillet over medium heat with extra-virgin olive oil and butter.
- Saute the shallots and garlic 3 to 4 minutes then add peas and heat through, 2 minutes, stir in wine, reduce for half a minute and stir in stock. Toss drained pasta and vegetables with the sauce, season with salt and pepper, and combine with cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:61.03, Glycemic Load:25.02, Inflammation Score:-10, Nutrition Score:25.033913043478%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.4mg, Myricetin: 0.4mg,

Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## **Nutrients (% of daily need)**

Calories: 476.14kcal (23.81%), Fat: 14.83g (22.82%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 60.01g (21.82%), Sugar: 6.97g (7.74%), Cholesterol: 80.4mg (26.8%), Sodium: 454.52mg (19.76%), Alcohol: 2.06g (92233720368547760%), Protein: 17.39g (34.78%), Selenium: 63.23µg (90.33%), Vitamin A: 4153.77IU (83.08%), Vitamin K: 56.55µg (53.86%), Manganese: 0.97mg (48.68%), Vitamin C: 26.94mg (32.66%), Phosphorus: 321.73mg (32.17%), Fiber: 5.49g (21.96%), Vitamin B6: 0.42mg (21.23%), Magnesium: 76.81mg (19.2%), Copper: 0.35mg (17.57%), Vitamin B1: 0.26mg (17.56%), Potassium: 591.11mg (16.89%), Folate: 66.78µg (16.69%), Vitamin B3: 3.32mg (16.61%), Calcium: 161.4mg (16.14%), Zinc: 2.4mg (15.97%), Iron: 2.61mg (14.51%), Vitamin B2: 0.24mg (14.4%), Vitamin B5: 1mg (9.97%), Vitamin E: 1.36mg (9.06%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.27µg (1.79%)