



Springtime Pasta Primavera

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup asparagus tips and stalks sliced in 1-inch pieces thin
- ☐ 12 ounces farfalle pasta
- ☐ 2 tablespoons chives fresh snipped
- ☐ 0.5 cup peas fresh
- ☐ 1 cup half-and-half
- ☐ 0.5 cup haricots verts ends trimmed thin (tender green beans)
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 plum tomatoes diced ripe seeded
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 0.3 cup butter unsalted
- ☐ 0.5 cup mushrooms white thinly sliced

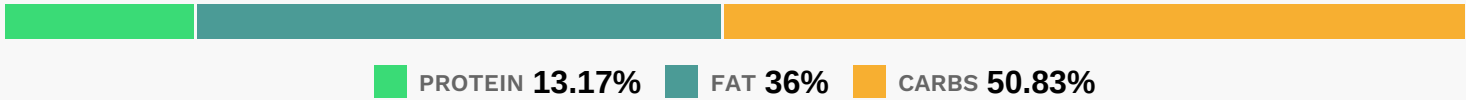
Equipment

- ☐ pot

Directions

- ☐ In a large pot of boiling salted water, cook the pasta until just tender, about 12 minutes.
- ☐ Drain and set aside.
- ☐ Melt the butter in a large pot over medium-low heat and quickly sautéthe vegetables until just tender. Do not overcook. Season well with salt and pepper.
- ☐ Add the half-and-half and cook to thicken the sauce, 5 minutes. Season well with pepper. Toss in the drained pasta and sprinkle with Parmesan.
- ☐ Garnish with diced tomatoes and chives or pea shoots, if available.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.83, Glycemic Load:27.34, Inflammation Score:-8, Nutrition Score:21.333043678947%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 585.93kcal (29.3%), Fat: 23.55g (36.23%), Saturated Fat: 13.77g (86.05%), Carbohydrates: 74.82g (24.94%), Net Carbohydrates: 69.41g (25.24%), Sugar: 8.47g (9.42%), Cholesterol: 62.55mg (20.85%), Sodium: 268.15mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.77%), Selenium: 62.13µg (88.76%), Manganese: 1.02mg (50.84%), Phosphorus: 360.61mg (36.06%), Vitamin A: 1619.3IU (32.39%), Vitamin K: 27.71µg

(26.39%), Vitamin C: 20.03mg (24.28%), Calcium: 218.52mg (21.85%), Fiber: 5.4g (21.62%), Copper: 0.41mg (20.5%), Vitamin B2: 0.34mg (20.01%), Magnesium: 76.25mg (19.06%), Potassium: 593.86mg (16.97%), Zinc: 2.51mg (16.76%), Vitamin B3: 2.98mg (14.92%), Vitamin B6: 0.29mg (14.56%), Vitamin B1: 0.22mg (14.41%), Folate: 56.26µg (14.07%), Iron: 2.22mg (12.35%), Vitamin B5: 0.93mg (9.34%), Vitamin E: 1.25mg (8.31%), Vitamin B12: 0.31µg (5.21%), Vitamin D: 0.3µg (2%)