



## Summer Vegetable Pasta Toss

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup cilantro leaves chopped
- 2 ears corn on the cob
- 4 oz philadelphia cream cheese cubed ()
- 12 oz evaporated milk canned
- 0.5 cup basil fresh chopped
- 1 Tbsp oil
- 2 Tbsp pepper sauce hot
- 1 bell pepper red cut into 1/2-in. pieces

- 0.8 cup onions red chopped
- 1.5 cups cheddar cheese shredded divided kraft
- 0.8 lb pasta like spaghetti uncooked
- 1 baby squash yellow cut into 1/2-in. pieces
- 1 small zucchini cut into 1/2-in. pieces

## Equipment

- bowl
- frying pan
- blender

## Directions

- Blend milk, cream cheese and hot sauce in blender until well blended. Cook spaghetti as directed on package.
- Meanwhile, heat oil in large skillet on medium heat.
- Add onions; cook and stir 5 min.
- Add remaining vegetables; cook and stir 8 min. or until crisp-tender. Stir in cream cheese mixture; cook 5 min. or until heated through, stirring frequently.
- Drain spaghetti; place in large bowl.
- Add 3/4 cup cheddar and 1/2 the herbs; toss until melted. Top with vegetable mixture, remaining cheddar and herbs.

## Nutrition Facts



**PROTEIN 15.55%** **FAT 40.09%** **CARBS 44.36%**

## Properties

Glycemic Index:8.69, Glycemic Load:3.17, Inflammation Score:-3, Nutrition Score:3.7304347649865%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

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

Calories: 92.18kcal (4.61%), Fat: 4.15g (6.39%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.69g (3.52%), Sugar: 2.2g (2.45%), Cholesterol: 10.93mg (3.64%), Sodium: 73.91mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Selenium: 8.09µg (11.55%), Vitamin C: 7.37mg (8.94%), Phosphorus: 74mg (7.4%), Calcium: 68.12mg (6.81%), Manganese: 0.13mg (6.41%), Vitamin A: 284.06IU (5.68%), Vitamin B2: 0.08mg (4.96%), Magnesium: 13.61mg (3.4%), Potassium: 111.94mg (3.2%), Zinc: 0.48mg (3.17%), Vitamin B6: 0.06mg (3.12%), Vitamin K: 3.2µg (3.04%), Folate: 11.06µg (2.77%), Fiber: 0.65g (2.61%), Copper: 0.04mg (2.16%), Vitamin B5: 0.21mg (2.13%), Vitamin B1: 0.03mg (2.11%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.24mg (1.59%), Iron: 0.26mg (1.42%), Vitamin B12: 0.07µg (1.23%)