



## Vegetarian Pasta Primavera

READY IN



30 min.

SERVINGS



30

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 oz baby spinach leaves
- 2 Tbsp basil fresh finely chopped
- 1 lb pasta whole wheat uncooked
- 8 oz philadelphia garden vegetable
- 0.5 cup milk
- 8 oz mushrooms drained sliced
- 0.3 cup parmesan cheese grated kraft
- 1 bell pepper red thinly sliced
- 1 bell pepper yellow thinly sliced

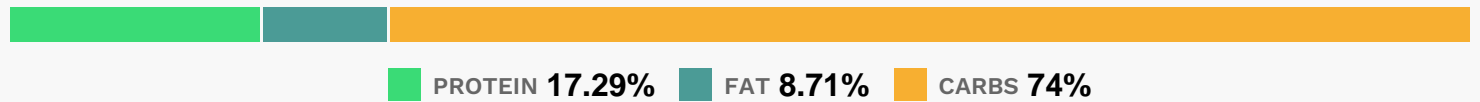
## Equipment

- frying pan
- sauce pan
- colander

## Directions

- Cook pasta in large saucepan as directed on package, adding spinach, peppers and mushrooms for the last 5 min.
- Drain in colander.
- Meanwhile, cook cream cheese and milk in same saucepan on low heat until cream cheese is melted and mixture is well blended, stirring frequently.
- Return pasta mixture to pan.
- Add basil; mix lightly.
- Sprinkle with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:9.7, Glycemic Load:5.08, Inflammation Score:-8, Nutrition Score:7.9382608221925%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 72.92kcal (3.65%), Fat: 0.72g (1.1%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.5g (4.54%), Sugar: 0.96g (1.06%), Cholesterol: 1.21mg (0.4%), Sodium: 28.69mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin K: 47.62µg (45.35%), Vitamin A: 1438.08IU (28.76%), Vitamin C: 16.03mg (19.43%), Selenium: 10.77µg (15.39%), Manganese: 0.26mg (13.01%), Folate: 27.72µg (6.93%), Phosphorus: 55.78mg (5.58%), Magnesium: 19.97mg (4.99%), Fiber: 1.2g (4.78%), Copper: 0.09mg (4.7%), Vitamin B2: 0.08mg (4.52%), Potassium: 152.17mg (4.35%), Vitamin B3: 0.78mg (3.88%), Vitamin B6: 0.08mg (3.85%), Iron:

0.61mg (3.41%), Calcium: 28.47mg (2.85%), Vitamin B1: 0.04mg (2.81%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.28mg (1.88%)