



VELVEETA Country Garden Primavera

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 cups cauliflower florets
- 1.5 cups cherry tomatoes halved
- 1 cup mostaccioli pasta cooked drained
- 1 tsp basil leaves dried crushed
- 1 Tbsp oil
- 3 cups matchlike zucchini sticks
- 6 oz velveeta cut into 1/2-inch cubes
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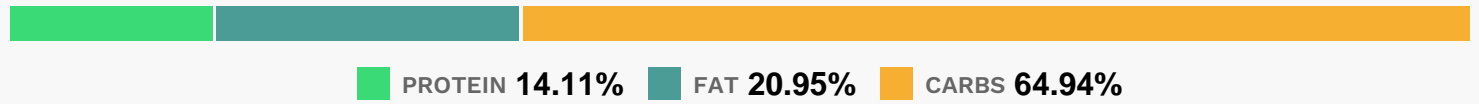
Equipment

frying pan

Directions

- Cook and stir zucchini and cauliflower in oil in large nonstick skillet on medium heat until crisp-tender.
- Add tomatoes, pasta and basil; mix lightly. Cook until heated through, stirring occasionally.
- Stir in VELVEETA; cook until melted, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:10.23, Inflammation Score:-6, Nutrition Score:13.700434539629%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 186.99kcal (9.35%), Fat: 4.49g (6.91%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 27.84g (10.13%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 30.74mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Vitamin C: 53.49mg (64.84%), Manganese: 0.62mg (31.2%), Selenium: 20.68µg (29.55%), Vitamin K: 21.84µg (20.8%), Potassium: 593.49mg (16.96%), Vitamin B6: 0.34mg (16.86%), Folate: 64.84µg (16.21%), Fiber: 3.46g (13.84%), Phosphorus: 133.48mg (13.35%), Magnesium: 48.45mg (12.11%), Copper: 0.21mg (10.45%), Vitamin A: 461.83IU (9.24%), Iron: 1.66mg (9.21%), Vitamin B2: 0.15mg (8.99%), Vitamin B1: 0.12mg (7.71%), Vitamin E: 1.15mg (7.66%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.73mg (7.34%), Zinc: 0.98mg (6.53%), Calcium: 46.48mg (4.65%)