Spring Veggie Pasta

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| **Nutrition Facts** |
| Servings 1.0 |
| Amount Per Serving |
| **calories** 485 |
| **% Daily Value \*** |
| **Total Fat**15 g | **24 %** |
| Saturated Fat 2 g | **12 %** |
| Monounsaturated Fat 10 g |
| Polyunsaturated Fat 2 g |
| Trans Fat 0 g |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 46 mg | **2 %** |
| **Potassium** 448 mg | **13 %** |
| **Total Carbohydrate** 76 g | **25 %** |
| **Dietary Fiber** 7 g | **29 %** |
| **Sugars** 8 g |  |
| **Protein** 13 g | **26 %** |
| Vitamin A | **298 %** |
| Vitamin C | **65 %** |
| Calcium | **38 %** |
| Iron | **21 %** |
| \* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. |