



Cook the Book: Garganelli with Spring Onions, Asparagus, and Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 12 asparagus cut into 2-inch pieces
- ☐ 4 servings sugar snap peas sliced
- ☐ 1 tablespoon chives finely sliced
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 servings pepper black freshly ground
- ☐ 1 lemon zest finely grated
- ☐ 0.3 cup mint leaves chopped for garnish plus a little extra

- ☐ 1 teaspoon olive oil
- ☐ 1 cup peas fresh sweet
- ☐ 0.7 cup pecorino cheese freshly grated
- ☐ 1 cup spring onion white green sliced (and pale parts)
- ☐ 2 tablespoons butter unsalted

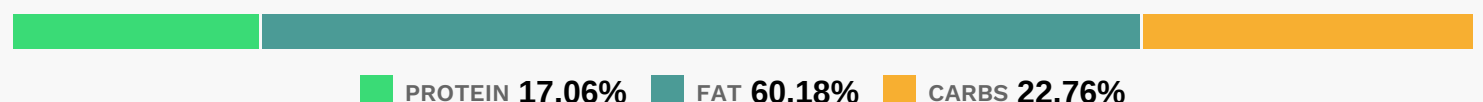
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat the olive oil and 1 tablespoon of butter in a large saute pan over medium heat.
- ☐ Add the onions or leeks and cook for 10 to 15 minutes, until very soft.
- ☐ Meanwhile, bring a large pot of generously salted to a boil for the pasta. Bring a large sauce pan of water to a boil, add the asparagus, and cook for 1 minute.
- ☐ Add the sweet peas and cook for 30 seconds, then drain.
- ☐ Add the asparagus and other vegetables to the onions, then stir in the cream. Set the pan aside while you cook the pasta.
- ☐ Add the pasta to the boiling water and cook until al dente.
- ☐ Drain and transfer to the pan with the onions.
- ☐ Place the pan over high heat and cook, tossing, for 1 to 2 minutes, until the vegetables are hot.
- ☐ Add the mint, chives, 1/2 cup of the cheese, the lemon zest, and the remaining 1 tablespoon of butter and toss well to combine. Season with salt and pepper.
- ☐ Serve in warm bowls, garnished with more mint and the remaining grated cheese.

Nutrition Facts



Properties

Glycemic Index:53.08, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:20.093043731607%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 244.8kcal (12.24%), Fat: 16.93g (26.04%), Saturated Fat: 10.09g (63.06%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 8.98g (3.26%), Sugar: 6.14g (6.82%), Cholesterol: 49.19mg (16.4%), Sodium: 214.54mg (9.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.59%), Vitamin K: 96.65µg (92.05%), Vitamin C: 54.64mg (66.23%), Vitamin A: 2038.25IU (40.77%), Calcium: 258.47mg (25.85%), Phosphorus: 239.13mg (23.91%), Folate: 91.28µg (22.82%), Manganese: 0.44mg (21.82%), Fiber: 5.43g (21.71%), Iron: 3.28mg (18.2%), Vitamin B1: 0.27mg (17.71%), Vitamin B2: 0.28mg (16.26%), Copper: 0.23mg (11.74%), Magnesium: 46.42mg (11.6%), Potassium: 404.52mg (11.56%), Vitamin B6: 0.23mg (11.29%), Zinc: 1.45mg (9.67%), Vitamin E: 1.41mg (9.37%), Vitamin B3: 1.74mg (8.69%), Selenium: 5.2µg (7.44%), Vitamin B5: 0.69mg (6.9%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.43µg (2.84%)