



## Creamy Fettuccine with Peas and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cashew butter at room temperature
- ☐ 8 ounces fettuccine barilla whole-wheat
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups peas frozen

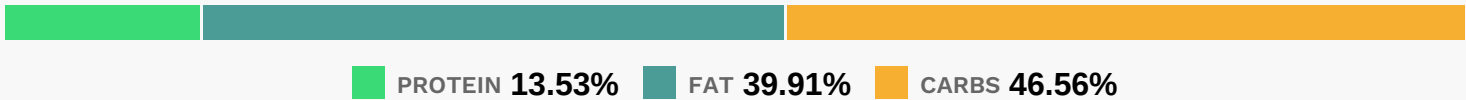
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ In a bowl, whisk oat milk, cashewbutter and 1/2 teaspoon salt until biglumps disappear. In a large nonstickskillet, heat oil over medium heat.Cook garlic, stirring, until golden,1 minute. Stir in milk mixture;reduce heat to low and simmer,stirring frequently, until thick andfragrant, 2 minutes. Stir in peas;turn off heat. Cook pasta asdirected on package with remaining1 teaspoon salt until just tender.
- ☐ Drainpasta, reserving 1 cup cookingliquid.
- ☐ Heat milk and pea mixtureover low heat for 2 minutes. Toss inpasta; add cooking water as neededto thin sauce to desired thickness;toss to thoroughly coat pasta.
- ☐ Garnishwith basil and black pepper; serve.
- ☐ Self

# Nutrition Facts



# Properties

Glycemic Index:55.08, Glycemic Load:19.29, Inflammation Score:-8, Nutrition Score:21.665652052216%

# Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 484.85kcal (24.24%), Fat: 22.08g (33.97%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 57.96g (19.32%), Net Carbohydrates: 52.2g (18.98%), Sugar: 4.18g (4.64%), Cholesterol: 47.63mg (15.88%), Sodium: 892.06mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.69%), Selenium: 49.65µg (70.92%), Manganese: 1.07mg (53.53%), Copper: 0.99mg (49.32%), Phosphorus: 346.74mg (34.67%), Magnesium: 136.26mg (34.06%), Vitamin C: 22.91mg (27.77%), Vitamin K: 28.77µg (27.4%), Zinc: 3.47mg (23.11%), Vitamin B1:

0.35mg (23.08%), Fiber: 5.76g (23.05%), Iron: 3.67mg (20.37%), Folate: 75.69µg (18.92%), Vitamin B6: 0.33mg (16.26%), Vitamin B3: 2.88mg (14.41%), Potassium: 466.15mg (13.32%), Vitamin A: 610.92IU (12.22%), Vitamin B2: 0.19mg (11.03%), Vitamin B5: 0.98mg (9.8%), Calcium: 57.81mg (5.78%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)