



Creamy Fettuccine with Peas and Basil

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



509 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
- ☐ 0.8 cup oat milk
- ☐ 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.

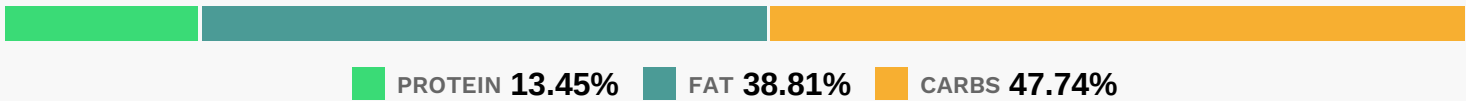
☐ Drainpasta, reserving 1 cup cookingliquid.

☐ 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:72.33, Glycemic Load:22.1, Inflammation Score:-8, Nutrition Score:26.739130320756%

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: 508.87kcal (25.44%), Fat: 22.54g (34.68%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 62.4g (20.8%), Net Carbohydrates: 56.27g (20.46%), Sugar: 7.69g (8.54%), Cholesterol: 47.63mg (15.88%), Sodium: 913.31mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.16%), Vitamin D: 18.64µg (124.28%),

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%), Fiber: 6.13g (24.53%), Zinc: 3.47mg (23.11%), Vitamin B1: 0.35mg (23.08%), Iron: 4mg (22.22%), Folate: 75.69µg (18.92%), Vitamin B2: 0.28mg (16.58%), Vitamin B6: 0.33mg (16.26%), Vitamin B3: 2.88mg (14.41%), Vitamin A: 703.19IU (14.06%), Potassium: 488.33mg (13.95%), Calcium: 122.49mg (12.25%), Vitamin B5: 0.98mg (9.8%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.16µg (2.74%)