



Creamy Leek, Pea, and Chicken Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



587 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tsp pepper black freshly ground
- ☐ 1 cup small-curd cottage cheese
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 small leeks trimmed sliced
- ☐ 4 lemon wedges
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 1 cup peas frozen

- ☐ 2 cups coarsely unseasoned rotisserie chicken shredded
- ☐ 8 ounces pasta like spaghetti

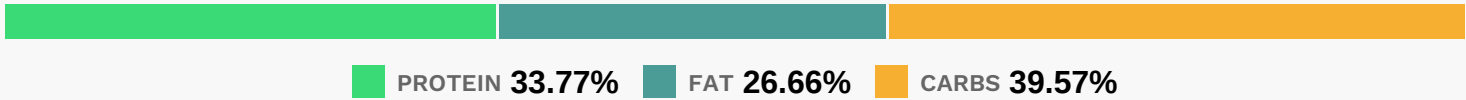
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook pasta until al dente, adding peas in the last few minutes of cooking.
- ☐ Drain and put in a large serving bowl.
- ☐ Meanwhile, in a small saucepan, bring broth to a simmer.
- ☐ Add leeks and cook until softened, about 5 minutes. Stir in chicken and cook until warm.
- ☐ Pour broth mixture over drained pasta. Stir cottage cheese, dill, and salt into pasta. Top each serving with freshly ground black pepper to taste and 1 tsp. oil.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:21.03, Inflammation Score:-8, Nutrition Score:18.106086879969%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 587.33kcal (29.37%), Fat: 17.48g (26.9%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 53.07g (19.3%), Sugar: 7.26g (8.06%), Cholesterol: 122.49mg (40.83%), Sodium: 1189.7mg (51.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.82g (99.64%), Selenium: 42.12µg (60.17%),

Manganese: 0.96mg (47.84%), Vitamin C: 29.55mg (35.82%), Vitamin K: 33.19µg (31.61%), Phosphorus: 266.86mg (26.69%), Vitamin A: 1114.76IU (22.3%), Fiber: 5.32g (21.27%), Folate: 70.91µg (17.73%), Copper: 0.34mg (17.02%), Magnesium: 61.68mg (15.42%), Vitamin B6: 0.29mg (14.59%), Iron: 2.56mg (14.23%), Vitamin B3: 2.79mg (13.93%), Vitamin B1: 0.2mg (13.08%), Potassium: 433.45mg (12.38%), Vitamin B2: 0.2mg (11.98%), Zinc: 1.59mg (10.61%), Calcium: 100.87mg (10.09%), Vitamin E: 1.17mg (7.79%), Vitamin B5: 0.68mg (6.79%), Vitamin B12: 0.28µg (4.75%)