



Creamy pea & watercress pasta

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g penne pasta
- ☐ 300 g peas fresh
- ☐ 1 garlic clove peeled
- ☐ 100 g watercress
- ☐ 2 tbsp mascarpone cheese
- ☐ 2 tbsp tarragon chopped
- ☐ 1 lemon zest

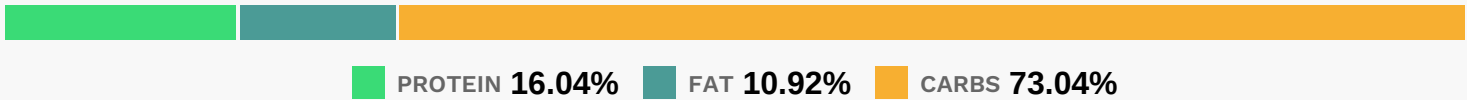
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook the pasta following packet instructions. Meanwhile, cook the peas and garlic in a separate pan of boiling salted water for 3–5 mins, until tender.
- ☐ Drain well, keeping some of the water.
- ☐ Put the peas, garlic and watercress in a food processor with 2 tbsp of the pasta cooking water. Whizz to a very rough pure.
- ☐ Return the pasta to the pan. Stir in the pea mixture, mascarpone, tarragon and lemon zest and juice. Season with salt and pepper and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:44.08, Glycemic Load:3.75, Inflammation Score:–9, Nutrition Score:24.586956697962%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg, Kaempferol: 5.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg

Nutrients (% of daily need)

Calories: 430.78kcal (21.54%), Fat: 5.2g (8.01%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 78.3g (26.1%), Net Carbohydrates: 70.75g (25.73%), Sugar: 6.71g (7.45%), Cholesterol: 7.5mg (2.5%), Sodium: 25.08mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Selenium: 57.1µg (81.57%), Vitamin K: 81.2µg (77.33%), Manganese: 1.37mg (68.73%), Vitamin C: 44.12mg (53.48%), Vitamin A: 1578.12IU (31.56%), Fiber: 7.55g (30.21%), Phosphorus: 270.21mg (27.02%), Magnesium: 85.12mg (21.28%), Copper: 0.42mg (21.2%), Vitamin B1: 0.31mg (20.61%), Folate: 73.54µg (18.39%), Vitamin B6: 0.35mg (17.65%), Iron: 3.09mg (17.17%), Vitamin B3: 3.33mg (16.66%), Potassium: 538.51mg (15.39%), Zinc: 2.3mg (15.32%), Vitamin B2: 0.22mg (12.69%), Calcium: 108.33mg (10.83%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.45mg (2.99%)