



 **15%**
HEALTH SCORE

Ditalini with peas

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 tsp sea salt
- 400 g ditalini pasta
- 0.5 tsp pepper black
- 100 g peas cut into small dice the size of peas
- 3 tablespoons olive oil
- 1 small onion finely chopped
- 100 g pancetta cut into small dice the size of peas
- 4 servings parmesan
- 200 g ricotta cheese

0.3 tsp water diluted

Equipment

frying pan

colander

Directions

Place the onion in the cold olive oil and soften without colouring.

Add a teaspoon of water from time to time to stop it frying and colouring. Cook till wilted and opaque, about 10 minutes.

Add the peas and enough water to just cover. Season with salt and pepper and cook till tender, 5 to 15 minutes for fresh peas depending on freshness and size or 10 minutes for frozen. Just before the peas are done, add the diced pancetta and ham, stir through and turn the heat off. Stir in the turmeric liquor and add the ricotta sieving it through a colander. Ricotta has to melt into the cooking liquids so it becomes a golden sauce. Keep warm until the pasta is done. Meanwhile cook pasta according to the manufacturer's instructions.

Drain the pasta and save some of the cooking pasta water for the sauce. If it seems dry, add the water to dilute it. Immediately toss the cooked pasta in the saut pan so it is thoroughly coated with the sauce and serve at once with the grated Parmesan or Grana Padano cheese.

Nutrition Facts



PROTEIN 17.18% **FAT 41.11%** **CARBS 41.71%**

Properties

Glycemic Index:39.33, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:22.659565217391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Taste

Sweetness: 26.39%, Saltiness: 100%, Sourness: 42.5%, Bitterness: 30.3%, Savoriness: 59.24%, Fattiness: 94.76%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 800.55kcal (40.03%), Fat: 36.3g (55.84%), Saturated Fat: 14.15g (88.43%), Carbohydrates: 82.87g (27.62%), Net Carbohydrates: 77.88g (28.32%), Sugar: 5.21g (5.78%), Cholesterol: 62.4mg (20.8%), Sodium: 987.01mg (42.91%), Protein: 34.12g (68.25%), Selenium: 82.78µg (118.25%), Phosphorus: 544.67mg (54.47%), Manganese: 1.09mg (54.32%), Calcium: 492.63mg (49.26%), Zinc: 3.45mg (23.02%), Magnesium: 85.14mg (21.28%), Fiber: 4.99g (19.94%), Copper: 0.37mg (18.7%), Vitamin B2: 0.32mg (18.56%), Vitamin B3: 3.38mg (16.92%), Vitamin B1: 0.25mg (16.8%), Vitamin B6: 0.32mg (16.06%), Vitamin C: 11.3mg (13.69%), Vitamin K: 14.16µg (13.49%), Vitamin A: 659.02IU (13.18%), Iron: 2.33mg (12.93%), Potassium: 442.64mg (12.65%), Vitamin E: 1.89mg (12.59%), Folate: 45.72µg (11.43%), Vitamin B12: 0.66µg (10.92%), Vitamin B5: 0.86mg (8.63%), Vitamin D: 0.35µg (2.33%)