



Egg Noodles with Peas and Brown Butter

READY IN



21 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounce extra wide egg noodles uncooked
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2.5 tablespoons butter light
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup peas green frozen
- ☐ 0.5 teaspoon salt

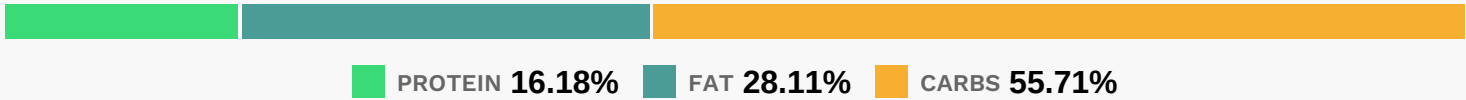
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain and set aside.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 2 minutes or until garlic is lightly browned.
- ☐ Add cooked pasta, peas, and remaining ingredients; cook 2 to 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:9.38, Inflammation Score:-4, Nutrition Score:7.4556523198667%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 175.81kcal (8.79%), Fat: 5.51g (8.48%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 22.54g (8.2%), Sugar: 1.68g (1.87%), Cholesterol: 33.89mg (11.3%), Sodium: 263.55mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Selenium: 25.19µg (35.99%), Manganese: 0.37mg (18.61%), Phosphorus: 132.57mg (13.26%), Vitamin C: 9.33mg (11.3%), Fiber: 2.05g (8.21%), Calcium: 76.29mg (7.63%), Zinc: 1.08mg (7.19%), Vitamin B1: 0.1mg (6.9%), Magnesium: 25.77mg (6.44%), Copper: 0.13mg (6.35%), Vitamin B6: 0.12mg (6.21%), Vitamin A: 285.67IU (5.71%), Folate: 21.25µg (5.31%), Iron: 0.93mg (5.17%), Vitamin B3: 1mg (4.99%), Vitamin K: 5.19µg (4.94%), Vitamin B2: 0.08mg (4.53%), Potassium: 141.58mg (4.05%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.17µg (2.87%), Vitamin E: 0.24mg (1.59%), Vitamin D: 0.16µg (1.07%)