



## Farfalle with Morels and Fresh Pea Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.8 cups chicken stock see low-sodium canned
- 2 tablespoons garlic chives fresh minced finely chopped
- 0.8 pound farfalle pasta
- 0.8 pound peas fresh shelled
- 0.5 cup heavy cream
- 6 ounces morels-rinsed fresh halved lengthwise drained
- 6 servings salt and pepper freshly ground
- 4 ounces thick- bacon

## Equipment

- frying pan
- paper towels
- sauce pan
- pot
- blender

## Directions

- Bring a large pot of salted water to a boil. In a medium saucepan, bring the chicken stock to a boil.
- Add the peas to the stock and cook over moderately high heat until just tender, about 10 minutes.
- Transfer the stock and all but a small handful of the peas to a blender and puree until smooth.
- Cook the farfalle in the boiling water until al dente, about 15 minutes; drain and return to the pot.
- Meanwhile, heat a medium skillet.
- Add the bacon and cook over moderately high heat, stirring frequently, until browned and crisp, about 7 minutes.
- Transfer to a paper towel-lined plate.
- Pour off all but 1 tablespoon of the bacon fat from the skillet.
- Add the morels and cook until they release their liquid, about 4 minutes. Raise the heat to high, add the cream and season with salt and pepper. Cook until slightly reduced, about 2 minutes. Stir in the pea puree and whole peas and cook until just heated through.
- Add the morel and pea sauce, the bacon and chives to the pasta in the pot. Toss well, then transfer to plates and serve at once.
- Wine Recommendation: Smoky bacon, sauted morels, cream, garlic—the ingredients in this rich pasta dish point directly to a flavorful but balanced red as the ideal match. A Rioja from Spain would fit the requirements perfectly. Look for the 1991 Marqus de Riscal or the 1991 Conde de Valdemar.

## Nutrition Facts

PROTEIN 14.81% FAT 34.63% CARBS 50.56%

## Properties

Glycemic Index:27.22, Glycemic Load:19.42, Inflammation Score:-7, Nutrition Score:18.634347801623%

## 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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 422.63kcal (21.13%), Fat: 16.33g (25.12%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 47.76g (17.37%), Sugar: 5.59g (6.21%), Cholesterol: 34.89mg (11.63%), Sodium: 357.13mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Selenium: 41.88µg (59.83%), Manganese: 0.93mg (46.27%), Iron: 5.28mg (29.35%), Vitamin C: 23.38mg (28.34%), Phosphorus: 283.34mg (28.33%), Copper: 0.49mg (24.39%), Fiber: 5.86g (23.46%), Vitamin B3: 4.51mg (22.55%), Vitamin B1: 0.28mg (18.55%), Zinc: 2.42mg (16.16%), Vitamin K: 16.88µg (16.08%), Vitamin A: 775.82IU (15.52%), Magnesium: 58.92mg (14.73%), Potassium: 499.76mg (14.28%), Vitamin B2: 0.24mg (14.2%), Vitamin B6: 0.28mg (14.02%), Folate: 51.46µg (12.86%), Vitamin D: 1.84µg (12.26%), Vitamin B5: 0.59mg (5.87%), Calcium: 56.1mg (5.61%), Vitamin B12: 0.2µg (3.25%), Vitamin E: 0.4mg (2.68%)