

## Farfalle with Peas, Ham and Cream

READY IN



30 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon butter
- 3 slices seasoning cubes diced
- 4 servings farfalle pasta or any shape pasta desired
- 0.5 cup cup heavy whipping cream canned ( milk can be a substitute)
- 0.5 cup parmesan
- 1 cup peas frozen
- 4 servings salt and pepper

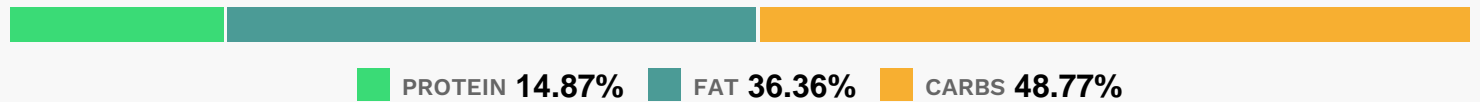
### Equipment

frying pan

## Directions

- Cook pasta according to package directions. In a skillet add the peas, butter, ham.
- Sauté for 5 minutes.
- Add the cream, salt and pepper and cook under medium heat for 5 to 10 minutes, or until the cream is slightly becoming thick.
- Remove from heat. When the pasta is cooked and drained, return to pan and add the sauce. Stir well and add the cheese.
- Serve nice and hot.

## Nutrition Facts



## Properties

Glycemic Index:40.83, Glycemic Load:18.32, Inflammation Score:-7, Nutrition Score:13.249565217391%

## Taste

Sweetness: 38.32%, Saltiness: 59.21%, Sourness: 25.19%, Bitterness: 24.48%, Savoriness: 53.63%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 397.04kcal (19.85%), Fat: 16g (24.61%), Saturated Fat: 9.72g (60.73%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 44.44g (16.16%), Sugar: 4.53g (5.04%), Cholesterol: 45.21mg (15.07%), Sodium: 425.06mg (18.48%), Protein: 14.73g (29.45%), Selenium: 39.76µg (56.8%), Manganese: 0.67mg (33.27%), Phosphorus: 249.3mg (24.93%), Calcium: 188.88mg (18.89%), Vitamin C: 14.68mg (17.79%), Vitamin A: 843.5IU (16.87%), Fiber: 3.86g (15.43%), Magnesium: 49.26mg (12.31%), Copper: 0.23mg (11.65%), Zinc: 1.66mg (11.04%), Vitamin B2: 0.18mg (10.55%), Vitamin B1: 0.16mg (10.51%), Vitamin K: 10.3µg (9.81%), Folate: 35.74µg (8.94%), Vitamin B3: 1.76mg (8.82%), Vitamin B6: 0.16mg (8.13%), Iron: 1.4mg (7.78%), Potassium: 253.43mg (7.24%), Vitamin B5: 0.41mg (4.13%), Vitamin D: 0.54µg (3.59%), Vitamin B12: 0.2µg (3.33%), Vitamin E: 0.44mg (2.93%)