



Farfalle with Ricotta, Mint and Peas

READY IN



22 min.

SERVINGS



10

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound farfalle pasta (or other short pasta)
- 2 tablespoons mint leaves fresh finely chopped
- 1 cup parmesan grated
- 1 cup part-skim ricotta
- 2 cups peas frozen
- 10 servings salt and pepper
- 1 tablespoon butter unsalted softened

Equipment

bowl

pot

Directions

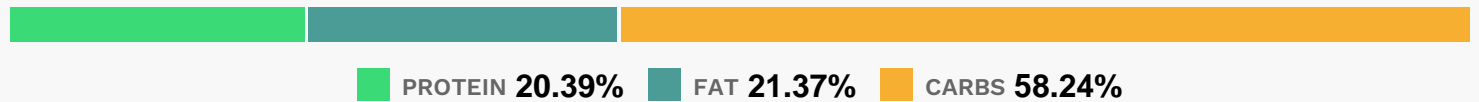
In a medium bowl, combine ricotta, butter and Parmesan and mix well.

Bring a large pot of salted water to boil. Cook farfalle until just al dente, about 10 minutes or as package label directs.

Add peas to pot 1 minute before the end of cooking time to heat through. Reserve 1 cup of cooking water and thoroughly drain pasta and peas.

Return pasta and peas to pot and add ricotta mixture. Toss gently, adding cooking water 1 Tbsp. at a time as necessary to moisten and coat pasta. Season with salt and pepper, stir in mint and serve.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:11.215652056362%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 275.93kcal (13.8%), Fat: 6.49g (9.99%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 36.61g (13.31%), Sugar: 3.01g (3.35%), Cholesterol: 17.5mg (5.83%), Sodium: 389.63mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.87%), Selenium: 35.6µg (50.85%), Manganese: 0.55mg (27.58%), Phosphorus: 232.9mg (23.29%), Calcium: 205.52mg (20.55%), Vitamin C: 11.92mg (14.45%), Fiber: 3.18g (12.74%), Zinc: 1.62mg (10.8%), Magnesium: 42.56mg (10.64%), Copper: 0.2mg (9.87%), Vitamin A: 472.65IU (9.45%), Vitamin B2: 0.15mg (8.69%), Vitamin B1: 0.13mg (8.53%), Folate: 32.12µg (8.03%), Vitamin K: 7.68µg (7.31%), Vitamin B3: 1.44mg (7.21%), Iron: 1.26mg (7%), Vitamin B6: 0.13mg (6.44%), Potassium: 218.18mg (6.23%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.19µg (3.24%), Vitamin E: 0.16mg (1.06%)