



Farfalle with Spinach and Peas

READY IN



15 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 ounce baby spinach fresh
- 4 servings bell pepper black
- 4 cups farfalle pasta
- 4 ounces feta crumbled
- 0.3 cup basil leaves fresh
- 2 cloves garlic thinly sliced
- 1 tablespoon olive oil
- 0.3 cup peas frozen
- 2 ounces pancetta thinly sliced

1 shallots thinly sliced

Equipment

bowl

frying pan

paper towels

Directions

Cook the pasta according to the package directions.

Drain, reserving 1/2 cup of the cooking water.

Heat the oil in a large skillet over medium heat while the pasta cooks.

Add the prosciutto and cook until crisp, about 2 minutes.

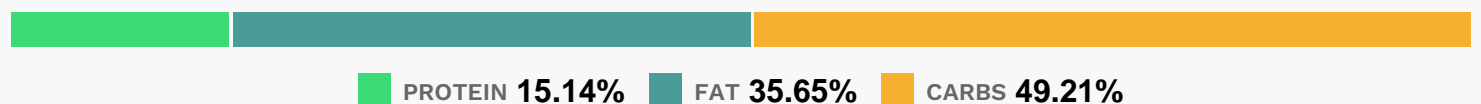
Transfer to a paper towel-lined plate. Return the skillet to medium heat.

Add the shallot and cook until softened, about 3 minutes. Stir in the garlic and cook 1 minute. Stir in the peas, spinach, and 1/4 teaspoon pepper.

Add the cooked pasta, Feta, and reserved pasta water. Cook, stirring, until the spinach wilts.

Remove from heat and fold in the cooked prosciutto. Divide among individual bowls and top with the basil.

Nutrition Facts



Properties

Glycemic Index:76.83, Glycemic Load:19.35, Inflammation Score:-10, Nutrition Score:24.310869750769%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 413.04kcal (20.65%), Fat: 16.34g (25.14%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 47.09g (17.12%), Sugar: 2.95g (3.28%), Cholesterol: 34.59mg (11.53%), Sodium:

450.38mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin K: 183.3µg (174.57%), Vitamin A: 3620.29IU (72.41%), Selenium: 45.89µg (65.56%), Manganese: 1mg (50.02%), Phosphorus: 266.81mg (26.68%), Folate: 99.68µg (24.92%), Vitamin B2: 0.37mg (21.99%), Calcium: 199.34mg (19.93%), Vitamin C: 16.03mg (19.43%), Vitamin B6: 0.38mg (18.77%), Magnesium: 73.69mg (18.42%), Zinc: 2.22mg (14.82%), Fiber: 3.67g (14.68%), Copper: 0.27mg (13.64%), Vitamin B1: 0.2mg (13.6%), Iron: 2.34mg (12.99%), Potassium: 439.34mg (12.55%), Vitamin B3: 2.42mg (12.09%), Vitamin E: 1.43mg (9.56%), Vitamin B12: 0.55µg (9.17%), Vitamin B5: 0.68mg (6.79%), Vitamin D: 0.17µg (1.13%)