



Farmers' Market Pappardelle

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil
- ☐ 1.5 pounds cherry tomatoes halved quartered (if large)
- ☐ 0.3 cup chives snipped
- ☐ 3 ears corn
- ☐ 8 ounces eggs dried
- ☐ 3 garlic clove minced
- ☐ 0.5 cup mint leaves
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling

- ☐ 6 servings parmesan with vegetable peeler
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 pound sugar snap peas halved
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1.5 pounds zucchini

Equipment

- ☐ bowl
- ☐ pot
- ☐ tongs
- ☐ colander
- ☐ peeler

Directions

- ☐ Bring a 6- to 8-quart pot of well-salted water to a boil.
- ☐ Meanwhile, mince and mash garlic to a paste with 1/2 teaspoon salt, then stir together with vinegar, oil, and 1 teaspoon salt in a large bowl.
- ☐ Add tomatoes and stir gently, then set aside.
- ☐ Cook corn in boiling water until tender, 4-6 minutes, then remove with tongs and cool.
- ☐ While corn cools, peel lengthwise ribbons from 1 side of a zucchini with vegetable peeler into another bowl, stopping when you get to seedy core. Turn zucchini a quarter-turn, then peel more ribbons, stopping at core. Repeat on remaining 2 sides of zucchini (you will end up with rectangular-shaped cores). Reserve cores for another use (such as soup).
- ☐ Cut corn from cobs; add corn to tomatoes.
- ☐ Cook pasta according to package directions until al dente. Just before pasta is done, stir in zucchini ribbons and snap peas and cook 15 seconds.
- ☐ Drain pasta and vegetables together in a large colander and add to tomato mixture with onion (if using), then toss gently.
- ☐ Add herbs and toss gently again.

Nutrition Facts



 **PROTEIN 21.05%**  **FAT 56.72%**  **CARBS 22.23%**

Properties

Glycemic Index:35.67, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:24.658695469732%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 377.27kcal (18.86%), Fat: 24.57g (37.81%), Saturated Fat: 8.05g (50.31%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 17.68g (6.43%), Sugar: 10.24g (11.38%), Cholesterol: 161.01mg (53.67%), Sodium: 566.34mg (24.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.04%), Vitamin C: 65.25mg (79.09%), Calcium: 440.6mg (44.06%), Phosphorus: 420.98mg (42.1%), Vitamin K: 42.17µg (40.16%), Vitamin A: 1976.75IU (39.54%), Manganese: 0.6mg (29.99%), Selenium: 19.86µg (28.37%), Vitamin B2: 0.46mg (27.33%), Folate: 100.57µg (25.14%), Vitamin B6: 0.49mg (24.34%), Potassium: 850.48mg (24.3%), Vitamin E: 3.11mg (20.72%), Magnesium: 78.04mg (19.51%), Iron: 3.23mg (17.96%), Vitamin B5: 1.61mg (16.11%), Fiber: 4g (15.99%), Vitamin B1: 0.23mg (15.47%), Zinc: 2.22mg (14.81%), Copper: 0.26mg (13.14%), Vitamin B12: 0.7µg (11.61%), Vitamin B3: 2.27mg (11.37%), Vitamin D: 0.91µg (6.04%)