



## Fettuccine with Edamame, Mint, and Pecorino

READY IN



27 min.

SERVINGS



4

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups edamame green frozen shelled ( soybeans)
- 8 ounces fettuccine barilla uncooked
- 3 tablespoons mint leaves fresh chopped
- 5 garlic cloves thinly sliced
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 2 tablespoons olive oil extra-virgin
- 2 medium onions halved thinly sliced

- 1 cup peas frozen
- 6 tablespoons pecorino romano cheese fresh grated
- 0.3 teaspoon salt
- 1 tablespoon butter unsalted

## Equipment

- bowl
- frying pan
- colander

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain in a colander over a bowl, reserving 2/3 cup cooking liquid.
- Heat a large nonstick skillet over medium-high heat.
- Add oil; swirl to coat.
- Add onion; cook 9 minutes or until lightly browned, stirring occasionally. Stir in garlic; cook 2 minutes or until garlic is lightly browned, stirring occasionally. Stir in edamame and peas; cook 2 minutes or until thoroughly heated.
- Add pasta, rind, juice, and butter; stir until butter melts.
- Remove pan from heat; stir in pecorino Romano cheese, mint, salt, and pepper. Stir in reserved 2/3 cup cooking liquid.
- Serve immediately.

## Nutrition Facts



**PROTEIN 16.67%** **FAT 31.42%** **CARBS 51.91%**

## Properties

Glycemic Index:51.08, Glycemic Load:19.93, Inflammation Score:-7, Nutrition Score:18.180000035659%

## Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

## Nutrients (% of daily need)

Calories: 485.97kcal (24.3%), Fat: 17.13g (26.35%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 63.68g (21.23%), Net Carbohydrates: 55.21g (20.08%), Sugar: 7.8g (8.66%), Cholesterol: 62.95mg (20.98%), Sodium: 253.78mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.91%), Selenium: 47.29µg (67.55%), Manganese: 0.83mg (41.5%), Fiber: 8.46g (33.84%), Vitamin C: 25.77mg (31.24%), Phosphorus: 259.04mg (25.9%), Iron: 4.11mg (22.82%), Calcium: 202.27mg (20.23%), Potassium: 696.65mg (19.9%), Vitamin B6: 0.31mg (15.7%), Vitamin B1: 0.23mg (15.63%), Magnesium: 58.32mg (14.58%), Folate: 57.19µg (14.3%), Copper: 0.28mg (14.22%), Vitamin K: 14.39µg (13.7%), Zinc: 1.92mg (12.82%), Vitamin A: 593.68IU (11.87%), Vitamin B3: 2.12mg (10.62%), Vitamin B2: 0.16mg (9.37%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.71mg (7.09%), Vitamin B12: 0.25µg (4.24%), Vitamin D: 0.26µg (1.73%)