



## Fettuccine With Green Peas and Fresh Mint

READY IN



15 min.

SERVINGS



4

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.8 cup baby peas sweet frozen
- ☐ 1 tablespoon butter
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.7 cup half-and-half
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings garnish: parmesan cheese fresh shaved

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup ricotta cheese
- ☐ 0.3 teaspoon salt

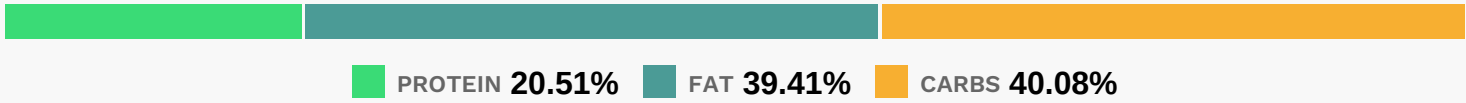
## Equipment

- ☐ frying pan

## Directions

- ☐ Prepare pasta according to package directions.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add peas and next 8 ingredients. Reduce heat to low, and cook, stirring constantly, 5 minutes or until cheese is melted. Stir in hot cooked pasta, and serve immediately.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:63.58, Glycemic Load:20.8, Inflammation Score:-7, Nutrition Score:20.816087152647%

## Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 547.5kcal (27.37%), Fat: 23.98g (36.89%), Saturated Fat: 13.88g (86.75%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 50.87g (18.5%), Sugar: 4.77g (5.3%), Cholesterol: 116.87mg (38.96%), Sodium: 824.4mg (35.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.17%), Selenium: 65.73µg (93.91%), Calcium: 558.6mg (55.86%), Phosphorus: 523.66mg (52.37%), Manganese: 0.74mg (37.24%), Zinc: 3.23mg (21.53%), Vitamin B2: 0.36mg (21.42%), Vitamin A: 1024.63IU (20.49%), Magnesium: 71.79mg (17.95%), Vitamin C: 13.25mg (16.06%), Fiber: 4g (15.98%), Vitamin B1: 0.22mg (14.41%), Copper: 0.28mg (13.78%), Vitamin B6: 0.27mg (13.66%), Vitamin B12: 0.82µg (13.62%), Iron: 2.21mg (12.28%), Folate: 47.02µg (11.75%), Vitamin B3: 2.13mg

(10.67%), Potassium: 372.22mg (10.63%), Vitamin B5: 0.97mg (9.74%), Vitamin K: 9.02µg (8.59%), Vitamin E: 0.59mg (3.93%), Vitamin D: 0.43µg (2.9%)