



## Fettuccine With Smashed Peas

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound soup noodles
- 16 ounce peas frozen thawed
- 0.8 cup ricotta cheese
- 1.3 teaspoons coarse salt
- 0.3 teaspoon pepper black
- 1 tablespoon chives fresh chopped
- 1 tablespoon olive oil extra virgin extra-virgin

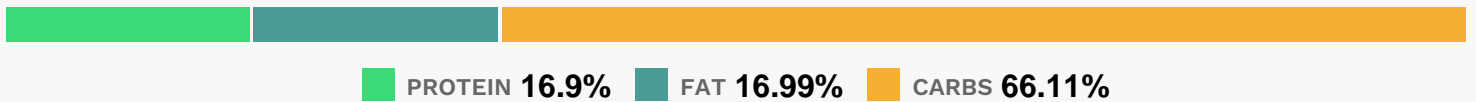
### Equipment

- food processor
- bowl
- pot
- blender

## Directions

- Cook the pasta according to package directions.
- Meanwhile, pulse the thawed peas in a food processor or blender until chopped (take care not to puree).
- Add cup ricotta, salt and pepper to the peas and pulse to mix everything together.
- Drain the pasta and reserve cup of the cooking water.
- Put the pasta back in the pot.
- Add the peas to the cooking water and to the pot and toss together.
- Arrange the pasta in a large bowl or platter, and top with the remaining ricotta and sprinkle with the chives.
- Drizzle the olive oil over top.
- Serve in individual bowls, making sure to distribute the ricotta cheese topping,

## Nutrition Facts



## Properties

Glycemic Index:23.79, Glycemic Load:19.41, Inflammation Score:-6, Nutrition Score:13.819130434783%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Taste

Sweetness: 79.4%, Saltiness: 72.88%, Sourness: 93.81%, Bitterness: 68.41%, Savoriness: 100%, Fattiness: 78.76%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 312.47kcal (15.62%), Fat: 5.86g (9.01%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 46.19g (16.8%), Sugar: 4.8g (5.33%), Cholesterol: 11.86mg (3.95%), Sodium: 389.18mg (16.92%), Protein: 13.1g (26.21%), Selenium: 40.23µg (57.48%), Manganese: 0.76mg (38.2%), Vitamin C: 22.9mg (27.75%), Phosphorus: 205.45mg (20.54%), Fiber: 5.07g (20.29%), Vitamin K: 16.33µg (15.55%), Vitamin B1: 0.21mg (13.68%), Copper: 0.27mg (13.51%), Magnesium: 51.59mg (12.9%), Folate: 50.25µg (12.56%), Zinc: 1.78mg (11.84%), Vitamin A: 553.88IU (11.08%), Vitamin B3: 2.18mg (10.88%), Vitamin B6: 0.19mg (9.35%), Iron: 1.68mg (9.35%), Vitamin B2: 0.15mg (9.1%), Potassium: 291.23mg (8.32%), Calcium: 75.07mg (7.51%), Vitamin B5: 0.36mg (3.55%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.08µg (1.32%)