



Fettuccine with Veal, Peas, and Mint

READY IN



45 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1 cup chicken broth low-sodium homemade canned
- 0.8 pound fettuccine barilla
- 0.3 teaspoon fresh-ground pepper black
- 1 cup heavy cream
- 0.3 cup lightly mint leaves packed cut into thin strips
- 2 tablespoons olive oil
- 1 small onion chopped fine
- 1 cup petit peas frozen

- 1 teaspoon salt
- 0.5 pound veal scaloppine cut into 1-by-2-inch strips
- 2 tablespoons vermouth dry white dry

Equipment

- frying pan
- pot

Directions

- In a large frying pan, melt 1 tablespoon of the butter with 1 tablespoon of the oil over moderately high heat.
- Add the veal and 1/4 teaspoon salt and cook, turning, until just done, about 1 minute in all.
- Remove.
- Reduce the heat to moderately low.
- Add the remaining 1 tablespoon oil and the onion. Cook, stirring occasionally, until translucent, about 5 minutes. Stir in the vermouth and then the broth and cream; bring to a simmer. Cook, stirring occasionally, until thickened, about 4 minutes.
- Add the peas and heat through, about 1 minute.
- Add the meat with any accumulated juices and the remaining 3/4 teaspoon salt.
- In a large pot of boiling, salted water, cook the fettucine until just done, about 12 minutes.
- Drain. Toss with the sauce, the pepper, the remaining 1 tablespoon butter, and the mint.
- Let sit for 2 to 3 minutes so that the pasta absorbs some of the sauce.
- Fresh Mint Flavor: Mint begins to lose flavor as soon as it's picked. Even if the bunch you're using looks fine, it may have been picked long enough ago so that the flavor is weak. Taste the sauce and, if you like, add more mint.
- Wine Recommendation: A light and acidic vinho verde from Portugal or a sauvignon blanc from the Loire Valley in France, such as Pouilly-Fum, will mirror the refreshing flavor of the mint.

Nutrition Facts



■ PROTEIN 14.55% ■ FAT 49.04% ■ CARBS 36.41%

Properties

Glycemic Index:53.08, Glycemic Load:27.24, Inflammation Score:-8, Nutrition Score:25.440434663192%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 777.49kcal (38.87%), Fat: 42.33g (65.12%), Saturated Fat: 20.98g (131.15%), Carbohydrates: 70.7g (23.57%), Net Carbohydrates: 65.2g (23.71%), Sugar: 6.29g (6.99%), Cholesterol: 200.22mg (66.74%), Sodium: 728.71mg (31.68%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 28.26g (56.52%), Selenium: 74.22µg (106.03%), Manganese: 0.99mg (49.26%), Phosphorus: 422.47mg (42.25%), Vitamin B3: 7.74mg (38.7%), Vitamin A: 1539.96IU (30.8%), Zinc: 4.11mg (27.39%), Vitamin B6: 0.53mg (26.72%), Vitamin B2: 0.43mg (25.03%), Fiber: 5.5g (22.01%), Copper: 0.44mg (21.82%), Magnesium: 85.52mg (21.38%), Vitamin C: 17.34mg (21.02%), Vitamin B1: 0.31mg (20.68%), Vitamin B12: 1.17µg (19.54%), Potassium: 637.58mg (18.22%), Vitamin B5: 1.75mg (17.55%), Iron: 3.11mg (17.27%), Folate: 65.88µg (16.47%), Vitamin K: 16.33µg (15.55%), Vitamin E: 2.23mg (14.88%), Calcium: 105.44mg (10.54%), Vitamin D: 1.21µg (8.05%)