



Fresh Peas and Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large boston lettuce leaves rinsed
- 1 clove garlic minced
- 2 teaspoons horseradish
- 3 tablespoons regular mayonnaise reduced-fat
- 0.5 cup tiny pasta shells dried
- 1 pound peas fresh english shelled
- 2 servings salt and pepper
- 3 tablespoons onion sweet finely chopped

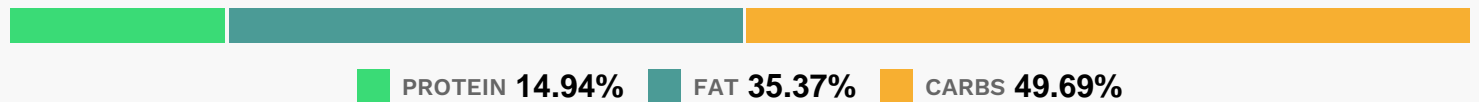
Equipment

colander

Directions

- Cook pasta, uncovered, in 1 to 1 1/2 quarts boiling water until barely tender to bite, 6 to 7 minutes. Put shelled peas in colander.
- Pour hot pasta and its cooking water over peas; drain.
- Let pasta and peas stand a few minutes, then rinse with cold water; drain well.
- Mix mayonnaise, onion, horseradish, and garlic. Stir in peas and pasta.
- Add salt and pepper to taste.
- Place lettuce leaves on serving dishes. Spoon salad onto lettuce.

Nutrition Facts



Properties

Glycemic Index:100.67, Glycemic Load:16.59, Inflammation Score:-9, Nutrition Score:30.908260954463%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 430.64kcal (21.53%), Fat: 17.08g (26.28%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 39.75g (14.45%), Sugar: 14.95g (16.62%), Cholesterol: 8.82mg (2.94%), Sodium: 363.18mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.46%), Vitamin C: 93.71mg (113.58%), Vitamin K: 105.98µg (100.93%), Manganese: 1.23mg (61.54%), Fiber: 14.22g (56.9%), Vitamin A: 2245.83IU (44.92%), Vitamin B1: 0.65mg (43.07%), Folate: 170.26µg (42.57%), Phosphorus: 309.44mg (30.94%), Selenium: 20.88µg (29.83%), Vitamin B3: 5.27mg (26.34%), Copper: 0.49mg (24.69%), Vitamin B6: 0.47mg (23.73%), Magnesium: 93.33mg (23.33%), Iron: 3.98mg (22.09%), Zinc: 3.31mg (22.03%), Vitamin B2: 0.33mg (19.62%), Potassium: 685.24mg (19.58%), Calcium: 77.51mg (7.75%), Vitamin E: 1.04mg (6.95%), Vitamin B5: 0.43mg (4.31%)