



Fusilli with Pea Pesto and Smoked Mozzarella

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby spinach leaves packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white such as pinot grigio
- ☐ 1 pound fusilli pasta
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 1 cup mozzarella cheese smoked grated

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 2.5 cups peas frozen thawed
- ☐ 1 large shallots chopped
- ☐ 0.5 cup slivered almonds toasted coarsely chopped

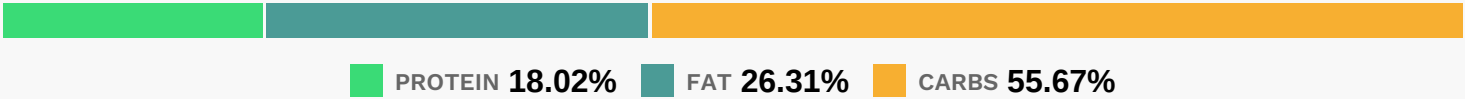
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the pasta: Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ Place the drained pasta in a large bowl.
- ☐ Add the cheese and toss until coated.
- ☐ For the pesto: In a small skillet, heat 1 tablespoon of the olive oil over medium-high heat.
- ☐ Add the shallots, 1/2 teaspoon salt and the pepper. Cook until softened, about 2 minutes.
- ☐ Add the wine and cook for 2 minutes.
- ☐ Remove the pan from the heat and cool slightly.
- ☐ In the bowl of a food processor, combine the peas, smoked mozzarella, spinach, Parmesan, lemon juice, lemon zest, the remaining 1 teaspoon salt and the cooked shallot mixture. Blend until smooth, but still slightly chunky.
- ☐ Pour the pesto over the pasta and toss until coated, adding the reserved pasta water as needed to loosen the sauce.
- ☐ Sprinkle with the toasted almonds and serve.

Nutrition Facts



Properties

Glycemic Index:43.22, Glycemic Load:25.54, Inflammation Score:-8, Nutrition Score:23.460000276566%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 506.94kcal (25.35%), Fat: 14.57g (22.41%), Saturated Fat: 4.74g (29.66%), Carbohydrates: 69.33g (23.11%), Net Carbohydrates: 61.96g (22.53%), Sugar: 6.66g (7.4%), Cholesterol: 20.41mg (6.8%), Sodium: 1038.6mg (45.16%), Alcohol: 1.37g (100%), Alcohol %: 0.86% (100%), Protein: 22.44g (44.89%), Selenium: 54.41µg (77.73%), Manganese: 1.24mg (61.97%), Vitamin K: 41.41µg (39.44%), Phosphorus: 383.07mg (38.31%), Vitamin C: 27.84mg (33.75%), Fiber: 7.36g (29.45%), Calcium: 258.13mg (25.81%), Magnesium: 98.28mg (24.57%), Vitamin A: 1123.62IU (22.47%), Copper: 0.44mg (21.79%), Vitamin E: 2.96mg (19.76%), Zinc: 2.94mg (19.57%), Vitamin B2: 0.32mg (18.92%), Folate: 70.46µg (17.61%), Vitamin B1: 0.26mg (17.61%), Vitamin B3: 2.98mg (14.91%), Iron: 2.61mg (14.52%), Vitamin B6: 0.27mg (13.49%), Potassium: 459.72mg (13.13%), Vitamin B12: 0.53µg (8.76%), Vitamin B5: 0.52mg (5.23%)