



Ham and Peas Farfalle In Creamy Lemon Parmesan Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound farfalle pasta cooked (bowtie)
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- 1 tablespoon flour all-purpose
- 1 tablespoon butter
- 1 cup cream light
- 0.5 cup parmesan cheese freshly grated
- 0.5 juice of lemon juiced
- 1 cup seasoning cubes diced

- 1 cup peas fresh green cooked
- 4 servings salt and pepper

Equipment

- sauce pan
- whisk
- pot

Directions

- While the pasta is boiling, melt the butter in a large saucepan with the flour.
- Whisk together on medium heat for a few minutes, until it just begins to change color.
- Add 1/2 the cream, whisk thoroughly and add the other half of the cream. Continue whisking until smooth and bring to a light boil.
- Whisk until it thickens (this will only take a minute or so), then turn the heat to low.
- Add the parmesan cheese in two parts, again whisking until everything is smooth and creamy. Turn off the heat, add the lemon juice in a slow stream, continuing to whisk. Taste for salt and pepper.
- Drain the pasta and return to it's cooking pot.
- Add the lemon-cheese sauce and stir gently until the pasta is coated.
- Add the ham and peas, stir to combine.
- Serve family style or individual dishes with an extra sprinkle of grated parmesan on top. Enjoy!

Nutrition Facts



PROTEIN 15.03% **FAT 48.51%** **CARBS 36.46%**

Properties

Glycemic Index:66.58, Glycemic Load:18.42, Inflammation Score:-6, Nutrition Score:13.029130434783%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 36.96%, Saltiness: 73.06%, Sourness: 42.01%, Bitterness: 38.44%, Savoriness: 76.08%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 498.91kcal (24.95%), Fat: 27.05g (41.62%), Saturated Fat: 15.52g (97%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 41.56g (15.11%), Sugar: 3.37g (3.75%), Cholesterol: 99.99mg (33.33%), Sodium: 829.9mg (36.08%), Protein: 18.86g (37.72%), Selenium: 35.94µg (51.34%), Manganese: 0.54mg (26.94%), Phosphorus: 223.78mg (22.38%), Vitamin A: 1078.4IU (21.57%), Vitamin C: 16.31mg (19.77%), Calcium: 170.19mg (17.02%), Fiber: 4.17g (16.68%), Iron: 2.33mg (12.97%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.74mg (11.58%), Vitamin K: 11.07µg (10.54%), Magnesium: 41.64mg (10.41%), Vitamin B1: 0.15mg (10.17%), Folate: 38.93µg (9.73%), Copper: 0.19mg (9.49%), Vitamin B6: 0.15mg (7.32%), Vitamin B3: 1.36mg (6.81%), Potassium: 226.05mg (6.46%), Vitamin E: 0.79mg (5.28%), Vitamin B12: 0.29µg (4.9%), Vitamin B5: 0.38mg (3.77%), Vitamin D: 0.42µg (2.81%)