



John's Hot-and-Hoppin' Cavatappi

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1.5 cups pea-mond dressing frozen
- ☐ 4 cups cavatappi hot spiral-shaped cooked uncooked (6 ounces pasta)
- ☐ 1 teaspoon thyme dried
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons chilis fresh green canned drained finely chopped chopped

- ☐ 0.5 cup spring onion sliced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup hot sauce hot (such as Cajun Chef)
- ☐ 1.5 teaspoons hot sauce hot (such as Cajun Chef)
- ☐ 3 ounces pancetta lean very thinly sliced chopped
- ☐ 0.5 cup sun-dried olives packed chopped
- ☐ 2 cups water

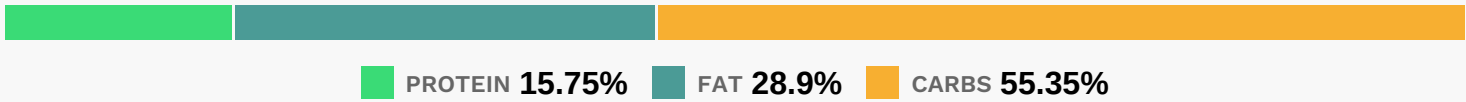
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Combine first 4 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until tender.
- ☐ Add tomatoes and 1 1/2 teaspoons pepper sauce; simmer 5 minutes or until tomatoes are tender.
- ☐ Drain black-eyed pea mixture in a colander over a bowl, reserving 2 tablespoons cooking liquid. Discard bay leaves.
- ☐ Combine black-eyed pea mixture, pasta, onions, parsley, and prosciutto in a large bowl.
- ☐ Combine reserved cooking liquid, 1/4 cup pepper sauce, and remaining ingredients in a small bowl, and stir well with a whisk.
- ☐ Pour chile mixture over pasta mixture, and toss well.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:22.6, Inflammation Score:-9, Nutrition Score:25.418260773887%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 431.11kcal (21.56%), Fat: 14.07g (21.65%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 51.7g (18.8%), Sugar: 8.56g (9.51%), Cholesterol: 14.03mg (4.68%), Sodium: 637.84mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.49%), Vitamin K: 162.73µg (154.98%), Selenium: 38.62µg (55.17%), Manganese: 1.05mg (52.42%), Folate: 177.42µg (44.36%), Vitamin C: 33.75mg (40.91%), Fiber: 8.93g (35.73%), Iron: 5.7mg (31.67%), Copper: 0.55mg (27.52%), Phosphorus: 266.02mg (26.6%), Potassium: 866.22mg (24.75%), Magnesium: 95.22mg (23.8%), Vitamin B1: 0.31mg (20.86%), Vitamin A: 943.19IU (18.86%), Vitamin B3: 3.18mg (15.91%), Vitamin B6: 0.3mg (15.23%), Zinc: 2.18mg (14.53%), Vitamin B2: 0.18mg (10.64%), Vitamin B5: 0.88mg (8.81%), Calcium: 76.73mg (7.67%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.11µg (1.77%)