



Linguine with Basil-Pea Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter divided
- ☐ 6 cups pasta hot cooked uncooked (12 ounces pasta)
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 cups less-sodium chicken broth fat-free divided
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 cup basil leaves fresh
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup leek chopped
- ☐ 16 ounce pre mushrooms
- ☐ 20 ounce peas green frozen
- ☐ 1.3 teaspoons salt

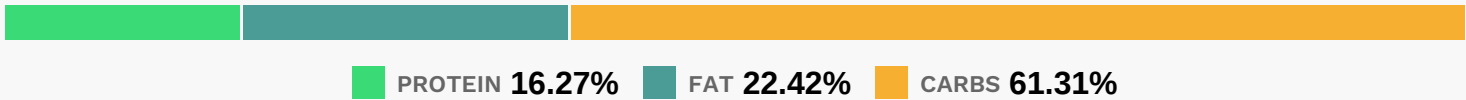
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add leek; cook 3 minutes, stirring frequently. Stir in 3/4 cup broth and peas; bring to a boil. Partially cover, reduce heat, and simmer 5 minutes.
- ☐ Place 1 1/2 cups pea mixture, remaining 3/4 cup broth, 1 cup basil leaves, and oil in a blender, and process until smooth.
- ☐ Place pureed pea mixture in a large bowl.
- ☐ Add remaining pea mixture to pureed pea mixture, and stir to combine.
- ☐ Melt 2 tablespoons butter in pan over medium-high heat.
- ☐ Add mushrooms and garlic; saut 6 minutes or until mushrooms are tender. Stir in pea mixture, pasta, salt, and black pepper.
- ☐ Sprinkle chopped basil evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:68.14, Glycemic Load:25.06, Inflammation Score:-8, Nutrition Score:24.34173903258%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 402.74kcal (20.14%), Fat: 10.15g (15.62%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 62.47g (20.82%), Net Carbohydrates: 53.46g (19.44%), Sugar: 8.07g (8.97%), Cholesterol: 15.05mg (5.02%), Sodium: 773.46mg (33.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.15%), Selenium: 48.57µg (69.38%), Manganese: 1.02mg (50.89%), Vitamin C: 41.49mg (50.29%), Vitamin K: 49.72µg (47.35%), Fiber: 9.01g (36.03%), Copper: 0.6mg (29.76%), Vitamin B3: 5.69mg (28.43%), Vitamin B2: 0.48mg (28.19%), Phosphorus: 266.15mg (26.62%), Vitamin A: 1285.77IU (25.72%), Vitamin B1: 0.35mg (23.61%), Folate: 93.39µg (23.35%), Iron: 4.06mg (22.56%), Vitamin B6: 0.36mg (17.76%), Magnesium: 70.48mg (17.62%), Potassium: 586.83mg (16.77%), Zinc: 2.39mg (15.9%), Vitamin B5: 1.5mg (14.96%), Calcium: 55.72mg (5.57%), Vitamin E: 0.83mg (5.5%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.15µg (1.01%)