



WHATSHEATE



Linguine with Summer Succotash

READY IN



40 min.

SERVINGS



4

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups basil fresh sliced
- ☐ 2.5 cups ears corn fresh divided (cut from 3 to 4 ears)
- ☐ 8 ounces pasta
- ☐ 3 tablespoons olive oil
- ☐ 0.8 cup parmesan cheese freshly grated for serving
- ☐ 1.8 cups sugar snap peas
- ☐ 6 ounce tomatoes assorted halved

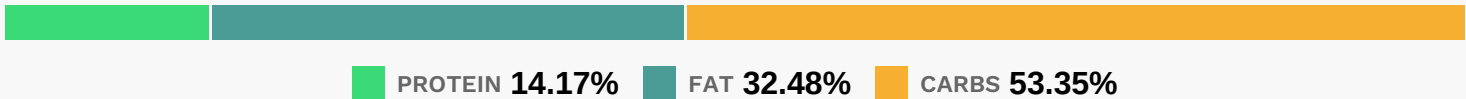
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Place 1/2 cup cooking liquid in blender.
- ☐ Add 1/2 cup corn; blend until smooth.
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add peas and remaining 2 cups corn.
- ☐ Sprinkle with salt and pepper.
- ☐ Cover; cook until vegetables are crisp-tender, stirring often, about 5 minutes.
- ☐ Add pasta, tomatoes, basil, 3/4 cup cheese, and corn puree. Toss until heated through and sauce coats pasta, adding more cooking liquid if dry, about 2 minutes. Season with salt and pepper.
- ☐ Serve, passing additional cheese.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:17.51, Inflammation Score:-9, Nutrition Score:22.241304164347%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 487.44kcal (24.37%), Fat: 18.05g (27.77%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 66.7g (22.23%), Net Carbohydrates: 61.33g (22.3%), Sugar: 10.06g (11.17%), Cholesterol: 16.31mg (5.44%), Sodium: 349.47mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Selenium: 43.26µg (61.8%), Vitamin K: 52.17µg (49.69%), Vitamin C: 39.06mg (47.35%), Manganese: 0.92mg (46.14%), Phosphorus: 343.82mg (34.38%), Vitamin A: 1547.56IU (30.95%), Magnesium: 89.91mg (22.48%), Calcium: 215.54mg (21.55%), Fiber: 5.37g (21.49%), Folate: 78.88µg (19.72%), Vitamin B1: 0.28mg (18.61%), Potassium: 614.39mg (17.55%), Vitamin B3: 3.16mg (15.8%), Copper: 0.31mg (15.41%), Zinc: 2.28mg (15.18%), Vitamin B6: 0.29mg (14.71%), Vitamin E: 2.19mg (14.6%), Iron: 2.6mg (14.42%), Vitamin B5: 1.33mg (13.3%), Vitamin B2: 0.2mg (11.57%), Vitamin B12: 0.25µg (4.22%)