



Mini Rotini Wheels with Peas, Ham and Tomato

READY IN



15 min.

SERVINGS



4

CALORIES



525 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup ham julienned fully cooked
- 4 tablespoons olive oil extra virgin
- 4 tablespoons onions minced
- 0.5 cup parmigiano-reggiano cheese grated
- 0.3 cup peas frozen
- 4 medium plum tomatoes diced
- 12 ounce rotini wheels mini barilla®

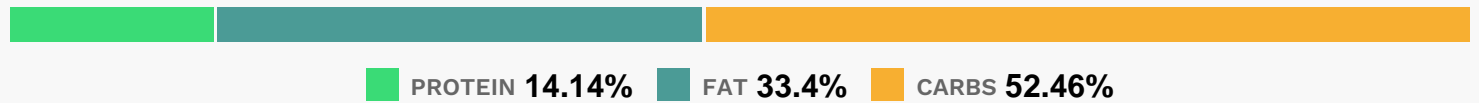
Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to a boil.
- In a large skillet saute onions in olive oil over medium heat.
- Add the ham and cook until slightly crispy, 2 to 3 minutes.
- Add the peas and saute for 2 minutes.
- Add the tomatoes; season with salt and pepper.
- Cook pasta according to directions.
- Drain the pasta and toss with sauce and cheese.

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:26.83, Inflammation Score:-7, Nutrition Score:16.821739047766%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 524.82kcal (26.24%), Fat: 19.4g (29.85%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 68.56g (22.85%), Net Carbohydrates: 64.41g (23.42%), Sugar: 4.94g (5.49%), Cholesterol: 15.37mg (5.12%), Sodium: 318.35mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.96%), Selenium: 58.64µg (83.77%), Manganese: 0.91mg (45.38%), Phosphorus: 302.56mg (30.26%), Vitamin C: 15.05mg (18.25%), Calcium: 177.33mg (17.73%), Fiber: 4.15g (16.61%), Vitamin E: 2.49mg (16.57%), Copper: 0.32mg (15.85%), Magnesium: 63.36mg

(15.84%), Vitamin K: 15.91µg (15.15%), Vitamin A: 683.61IU (13.67%), Zinc: 1.99mg (13.25%), Vitamin B1: 0.18mg (12.2%), Vitamin B3: 2.38mg (11.92%), Potassium: 411.41mg (11.75%), Vitamin B6: 0.23mg (11.66%), Iron: 1.69mg (9.38%), Folate: 33.56µg (8.39%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.58mg (5.82%), Vitamin B12: 0.28µg (4.71%)