



## Mini Rotini with Carrots and Peas

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 leaves basil chopped
- 3 carrots diced
- 1 cup peas green
- 2 medium leeks
- 4 tablespoons olive oil extra-virgin
- 0.5 cup parmigiano-reggiano cheese grated
- 1 box barilla fiber rotini white mini
- 6 servings salt and pepper black to taste

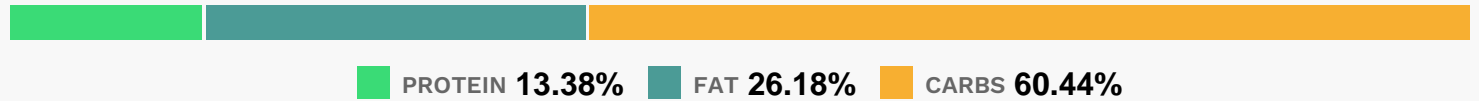
# Equipment

frying pan

# Directions

- Cut the leeks into thin slices, white part only.
- In a skillet, heat olive oil over medium heat.
- Add leeks, carrots and green peas and cook until softened, approximately 7-8 minutes.
- Meanwhile, cook pasta according to directions.
- Drain pasta and toss with the vegetables in the skillet, add salt and black pepper to taste.
- Stir in basil and cheese before serving.

# Nutrition Facts



# Properties

Glycemic Index:43.69, Glycemic Load:25.67, Inflammation Score:-10, Nutrition Score:20.529130672631%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 443.68kcal (22.18%), Fat: 12.88g (19.81%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 61.72g (22.44%), Sugar: 6.04g (6.71%), Cholesterol: 5.67mg (1.89%), Sodium: 360.18mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin A: 5857.42IU (117.15%), Selenium: 50.04µg (71.48%), Manganese: 0.98mg (48.96%), Vitamin K: 31.18µg (29.7%), Phosphorus: 246.93mg (24.69%), Fiber: 5.17g (20.68%), Vitamin C: 15.09mg (18.29%), Magnesium: 63.58mg (15.89%), Copper: 0.31mg (15.64%), Calcium: 148.83mg (14.88%), Folate: 54.8µg (13.7%), Vitamin B6: 0.27mg (13.33%), Vitamin E: 1.95mg (13.02%), Iron: 2.18mg (12.1%), Vitamin B1: 0.17mg (11.54%), Zinc: 1.7mg (11.32%), Vitamin B3: 2.22mg (11.12%), Potassium: 386mg (11.03%), Vitamin B2: 0.13mg (7.73%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.1µg (1.67%)