



## Mom's Peas and Noodles

READY IN



25 min.

SERVINGS



1

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 eggs beaten
- 0.3 teaspoon ground pepper black
- 1 teaspoon parmesan cheese grated
- 1 cup shells whole-wheat uncooked
- 0.3 cup peas frozen

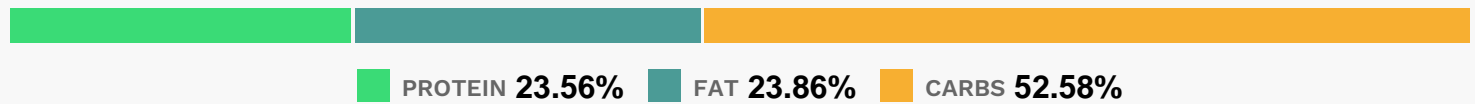
### Equipment

- sauce pan
- colander

## Directions

- Fill a saucepan with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Stir in the frozen peas, and cook for 1 more minute; drain well in a colander set in the sink. Return the pasta and peas to the saucepan.
- Mix in the eggs, 2 tablespoons of Parmesan cheese, and black pepper; cook over low heat, stirring constantly, until the eggs are cooked through, 2 to 3 minutes.
- Serve sprinkled with 1 teaspoon of Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:76.33, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:26.593043348064%

## Nutrients (% of daily need)

Calories: 395.8kcal (19.79%), Fat: 10.8g (16.61%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 53.54g (17.85%), Net Carbohydrates: 50.66g (18.42%), Sugar: 3.07g (3.41%), Cholesterol: 331.65mg (110.55%), Sodium: 218.53mg (9.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (47.99%), Manganese: 2.12mg (106.19%), Selenium: 73.44µg (104.91%), Phosphorus: 413.28mg (41.33%), Vitamin B2: 0.57mg (33.51%), Vitamin B1: 0.46mg (30.56%), Magnesium: 114.89mg (28.72%), Folate: 107.36µg (26.84%), Iron: 4.5mg (25%), Vitamin C: 19.33mg (23.43%), Zinc: 3.38mg (22.51%), Copper: 0.43mg (21.47%), Vitamin B3: 4.16mg (20.82%), Vitamin B5: 2.01mg (20.13%), Vitamin B6: 0.37mg (18.53%), Vitamin A: 890.32IU (17.81%), Vitamin B12: 0.85µg (14.16%), Calcium: 131.15mg (13.11%), Vitamin K: 13.15µg (12.53%), Vitamin D: 1.78µg (11.9%), Fiber: 2.88g (11.53%), Potassium: 384.09mg (10.97%), Vitamin E: 1.02mg (6.78%)