



Orecchiette with Leeks, Peas, and Pecorino

READY IN



25 min.

SERVINGS



4

CALORIES



861 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 0.8 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 leeks light white green thinly sliced (and parts only)
- ☐ 2 teaspoons lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 10 ounce peas frozen thawed

- ☐ 4 ounces pecorino grated
- ☐ 1 pound some other short pasta dry

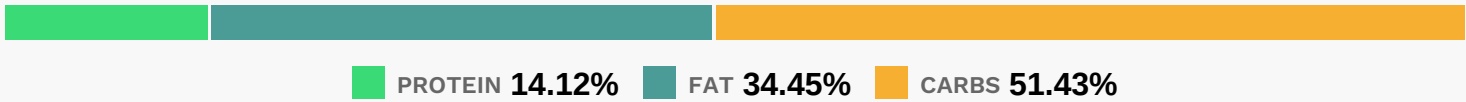
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook the pasta according to the package directions. Meanwhile, heat the oil in a large saucepan over medium heat.
- ☐ Add the leeks, season with the salt and 1/4 teaspoon of the pepper, and cook, stirring occasionally, until soft, about 7 minutes.
- ☐ Add the garlic and peas and cook for 2 minutes more. Stir in the cream and 3/4 cup of the Pecorino. Simmer until the sauce has thickened slightly, about 4 minutes.
- ☐ Drain the pasta and return it to pot.
- ☐ Add the sauce, lemon zest, and mint and toss. Divide the pasta among shallow bowls and sprinkle with the remaining Pecorino and pepper.Tip: Sugary and slightly crunchy, fresh peas are well worth the extra effort of shelling during the brief period in the spring when they're available. You can use 2 pounds of fresh peas (2 cups shelled) in place of the frozen ones called for in this recipe.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:34.824782433717%

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 Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

0.36mg, Luteolin: 0.36mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg
Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg,
Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 861.02kcal (43.05%), Fat: 33.05g (50.85%), Saturated Fat: 16.49g (103.09%), Carbohydrates: 111.05g (37.02%), Net Carbohydrates: 101.35g (36.86%), Sugar: 12.09g (13.43%), Cholesterol: 79.91mg (26.64%), Sodium: 672.45mg (29.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Selenium: 79.52µg (113.59%), Manganese: 1.86mg (92.77%), Vitamin K: 66.22µg (63.07%), Vitamin A: 2920.93IU (58.42%), Phosphorus: 568.22mg (56.82%), Vitamin C: 41.95mg (50.85%), Calcium: 437.38mg (43.74%), Fiber: 9.7g (38.79%), Folate: 130.63µg (32.66%), Magnesium: 126.37mg (31.59%), Copper: 0.59mg (29.54%), Vitamin B6: 0.55mg (27.63%), Iron: 4.89mg (27.17%), Vitamin B1: 0.37mg (24.64%), Zinc: 3.48mg (23.19%), Vitamin B2: 0.39mg (22.79%), Potassium: 679.85mg (19.42%), Vitamin B3: 3.88mg (19.4%), Vitamin E: 2.53mg (16.84%), Vitamin B5: 0.95mg (9.46%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.86µg (5.7%)