



Orecchiette with Savoy Cabbage, Peas, and Lemon Cream

READY IN



45 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 1 pound shells (ear-shaped
- ☐ 1 cup peas frozen thawed
- ☐ 0.8 teaspoon salt

- ☐ 0.5 pound savoy cabbage very thinly sliced quartered
- ☐ 1 cup spring onion thinly sliced
- ☐ 2 tablespoons butter unsalted

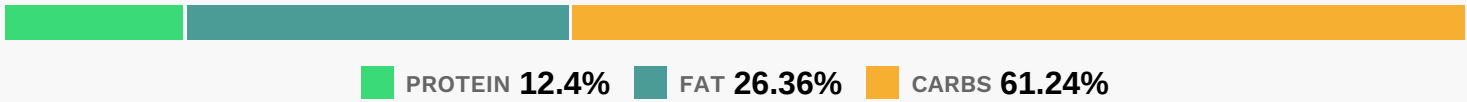
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ colander

Directions

- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente.
- ☐ While pasta is cooking, heat butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté cabbage, stirring, until pale golden, about 6 minutes.
- ☐ Add scallions, chicken broth, and cream and bring to a boil, then reduce heat and simmer, uncovered, stirring occasionally, until cabbage is tender, about 2 minutes.
- ☐ Remove from heat and stir in peas, zest, dill, salt, and pepper.
- ☐ Ladle out 1 cup pasta cooking water and reserve, then drain pasta in a colander.
- ☐ Combine pasta with cabbage mixture and 3/4 cup reserved pasta water in a large bowl (or in pot).
- ☐ If pasta looks dry, moisten with some of remaining water.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:36.4, Inflammation Score:-9, Nutrition Score:27.714347937833%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 628.53kcal (31.43%), Fat: 18.48g (28.43%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 96.61g (32.2%), Net Carbohydrates: 88.31g (32.11%), Sugar: 7.99g (8.88%), Cholesterol: 49.26mg (16.42%), Sodium: 584.18mg (25.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.13%), Selenium: 74.07µg (105.82%), Vitamin K: 101.51µg (96.68%), Manganese: 1.4mg (69.94%), Vitamin C: 40.74mg (49.38%), Vitamin A: 1934.3IU (38.69%), Fiber: 8.3g (33.21%), Phosphorus: 308.9mg (30.89%), Folate: 111.29µg (27.82%), Magnesium: 97.45mg (24.36%), Copper: 0.46mg (23.17%), Vitamin B6: 0.36mg (18.17%), Vitamin B1: 0.27mg (17.79%), Potassium: 601mg (17.17%), Zinc: 2.43mg (16.19%), Iron: 2.87mg (15.96%), Vitamin B3: 3.12mg (15.62%), Vitamin B2: 0.24mg (14.02%), Calcium: 101.48mg (10.15%), Vitamin B5: 0.75mg (7.54%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.58µg (3.87%), Vitamin B12: 0.07µg (1.09%)