



Orechiette with Chèvre, Peas, and Mint

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz chèvre cheese fresh (goat)
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 4 servings lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 12 ounces orechiette pasta dried
- ☐ 1 cup peas frozen
- ☐ 4 servings salt and pepper

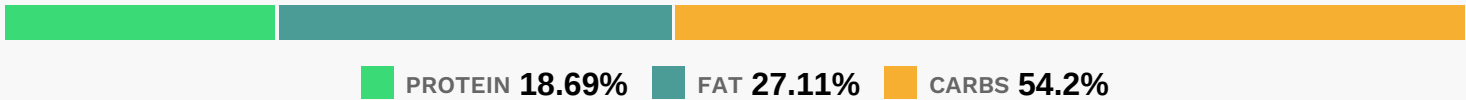
Equipment

☐ frying pan

Directions

- ☐ Cook pasta in 3 quarts boiling water until just tender to bite, about 8 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium heat, stir garlic in oil until limp, about 2 minutes.
- ☐ Add cheese, broth, and peas and stir until simmering, 4 to 5 minutes.
- ☐ Drain pasta; return to pan.
- ☐ Add cheese mixture to pasta and mix well.
- ☐ Add mint and mix again.
- ☐ Add to taste salt, pepper, and juice from lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:27.05, Inflammation Score:-7, Nutrition Score:19.449130555858%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 519.12kcal (25.96%), Fat: 15.52g (23.88%), Saturated Fat: 8.81g (55.07%), Carbohydrates: 69.83g (23.28%), Net Carbohydrates: 64.69g (23.52%), Sugar: 4.95g (5.5%), Cholesterol: 26.08mg (8.69%), Sodium: 642.88mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Selenium: 57.4µg (82.01%), Manganese: 1.06mg (52.76%), Copper: 0.75mg (37.58%), Phosphorus: 355.9mg (35.59%), Fiber: 5.14g (20.56%), Vitamin A: 1022.63IU (20.45%), Vitamin C: 16.57mg (20.09%), Vitamin B2: 0.34mg (19.86%), Vitamin B6: 0.35mg (17.57%), Magnesium: 70.04mg (17.51%), Iron: 3.02mg (16.8%), Zinc: 2.24mg (14.92%), Vitamin B1: 0.22mg (14.82%),

Vitamin B3: 2.84mg (14.18%), Folate: 50.66µg (12.67%), Calcium: 120.12mg (12.01%), Vitamin K: 11.32µg (10.78%), Potassium: 337.16mg (9.63%), Vitamin B5: 0.88mg (8.79%), Vitamin B12: 0.22µg (3.69%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.23µg (1.51%)