



WHATSheATE



Orrechiette with Caramelized Onions, Sugar Snap Peas, and Ricotta Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 cups onion packed chopped ()
- ☐ 8 ounce shells ear-shaped (little pasta)
- ☐ 0.5 cup ricotta cheese
- ☐ 8 ounce sugar snap peas trimmed cut into 1/2-inch pieces

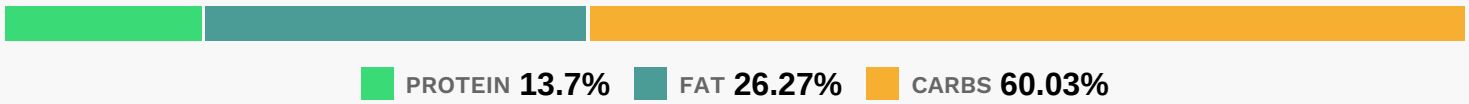
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in large nonstick skillet overmedium-high heat.
- ☐ Add onions. Sauté untilonions are pale golden, about 5 minutes.Reduce heat to medium; sauté onions untiltender and deep golden, about 15 minuteslonger.
- ☐ Transfer 3/4 cup sautéed onions tosmall bowl.
- ☐ Add peas to onions inskillet. Sauté until peas are crisp-tender,about 3 minutes.
- ☐ Remove skillet from heat.
- ☐ Cook pasta in large pot of boiling saltedwater until just tender but still firm to bite.
- ☐ Drain pasta, reserving 1 cup cooking liquid.
- ☐ Add pasta and 1/2 cup cooking liquid toonion mixture; stir over medium-high heat30 seconds.
- ☐ Mix in ricotta, basil, and lemonpeel, adding more cooking liquid to moistenas needed. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:20.59, Inflammation Score:-9, Nutrition Score:18.295652199051%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 414.33kcal (20.72%), Fat: 12.16g (18.71%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 62.54g (20.85%), Net Carbohydrates: 56.51g (20.55%), Sugar: 10.65g (11.84%), Cholesterol: 15.81mg (5.27%), Sodium: 38.31mg (1.67%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Selenium: 41.53µg (59.33%), Vitamin C: 46.13mg (55.91%), Manganese: 0.88mg (44.19%), Vitamin K: 25.65µg (24.43%), Fiber: 6.03g (24.13%), Phosphorus: 233.43mg (23.34%), Vitamin B6: 0.38mg (18.94%), Folate: 69.16µg (17.29%), Vitamin A: 836.59IU (16.73%), Magnesium: 64.03mg (16.01%), Potassium: 510.48mg (14.59%), Vitamin B1: 0.21mg (14.28%), Copper: 0.28mg (14.17%), Calcium: 139.98mg (14%), Iron: 2.46mg (13.65%), Vitamin B2: 0.18mg (10.83%), Zinc: 1.6mg (10.64%), Vitamin B5: 0.94mg (9.36%), Vitamin E: 1.37mg (9.13%), Vitamin B3: 1.54mg (7.68%), Vitamin B12: 0.11µg (1.76%)