



WHATSheATE



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

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup torn basil leaves fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 cups onions packed chopped ()
- ☐ 8 ounce shells ear-shaped (little pasta)
- ☐ 0.5 cup whole-milk ricotta cheese
- ☐ 8 ounce sugar snap peas trimmed cut into 1/2-inch pieces

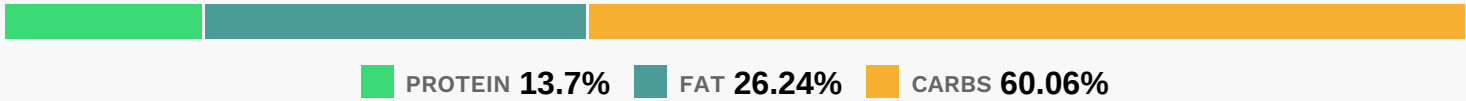
Equipment

- ☐ 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:18.380869633478%

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: 414.68kcal (20.73%), Fat: 12.17g (18.72%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 56.55g (20.56%), Sugar: 10.69g (11.87%), Cholesterol: 15.81mg (5.27%), Sodium: 38.35mg (1.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.58%), Selenium: 41.54µg (59.34%), Vitamin C: 47.1mg (57.09%), Manganese: 0.88mg (44.19%), Fiber: 6.11g (24.45%), Vitamin K: 25.65µg (24.43%), Phosphorus: 233.52mg (23.35%), Vitamin B6: 0.38mg (19.01%), Folate: 69.26µg (17.31%), Vitamin A: 836.97IU (16.74%), Magnesium: 64.14mg (16.04%), Potassium: 511.68mg (14.62%), Vitamin B1: 0.21mg (14.31%), Copper: 0.28mg (14.2%), Calcium: 140.99mg (14.1%), Iron: 2.46mg (13.68%), Vitamin B2: 0.18mg (10.87%), Zinc: 1.6mg (10.65%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 1.37mg (9.14%), Vitamin B3: 1.54mg (7.69%), Vitamin B12: 0.11µg (1.76%)