



Paccheri and Cheese with Peas and Mint

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula coarsely chopped
- ☐ 1 large eggs
- ☐ 1 cup flat parsley coarsely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup fontina shredded
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 1 cup peas fresh shelled
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 teaspoon lemon zest finely grated

- ☐ 0.3 cup parmesan divided grated ()
- ☐ 9 ounces ricotta cheese
- ☐ 0.3 cup butter unsalted plus more for pan ()
- ☐ 4 cups milk whole

Equipment

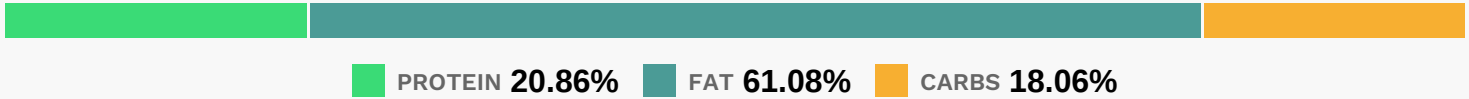
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Butter pan. Dust pan all over with 1/3 cup
- ☐ Parmesan. Melt 1/4 cup butter in a large saucepan over medium heat.
- ☐ Add flour; whisk for 2 minutes. Gradually whisk in milk. Bring to a simmer, whisking often. Reduce heat to medium. Cook, whisking frequently, until sauce is thickened, about 20 minutes.
- ☐ Remove from heat.
- ☐ Whisk in Fontina and 1 cup Parmesan.
- ☐ Add egg; whisk to blend. Season with salt and pepper. Cover sauce and keep warm.
- ☐ Arrange a rack in upper third of oven; preheat to 375°F. Cook pasta in a large pot of boiling salted water, stirring occasionally, until almost al dente (pasta will continue to cook while baking). Using a large slotted spoon, transfer pasta to a large bowl.
- ☐ Add peas to pasta water; cook until just tender, about 1 minute.
- ☐ Drain peas; add to bowl with pasta. Stir in cheese sauce.
- ☐ Add arugula, 1 cup parsley, and 1/2 cup mint to pasta mixture; mix to evenly incorporate.
- ☐ Transfer half of pasta mixture to prepared pan.
- ☐ Mix ricotta and lemon zest in a small bowl; dot half of ricotta mixture over pasta. Spoon remaining pasta mixture into pan and dot with remaining ricotta mixture.
- ☐ Sprinkle with 1/4 cup Parmesan.

- ☐ Bake pasta for 30 minutes.
- ☐ Sprinkle with remaining 1/4 cup Parmesan.
- ☐ Bake pasta until top is golden brown, about 10 minutes longer.
- ☐ Let rest for 30 minutes; remove pan sides.
- ☐ Sprinkle with 2 tablespoons parsley and 2 tablespoons mint and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:17.837826169055%

Flavonoids

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: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 304.14kcal (15.21%), Fat: 20.83g (32.05%), Saturated Fat: 12.65g (79.05%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 12.13g (4.41%), Sugar: 7.48g (8.31%), Cholesterol: 91.38mg (30.46%), Sodium: 288.99mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Vitamin K: 134.85µg (128.43%), Calcium: 392.28mg (39.23%), Vitamin A: 1742.96IU (34.86%), Phosphorus: 306.67mg (30.67%), Vitamin C: 19.03mg (23.07%), Vitamin B2: 0.37mg (21.86%), Selenium: 13.94µg (19.92%), Vitamin B12: 1.16µg (19.37%), Zinc: 2.04mg (13.59%), Vitamin D: 1.76µg (11.71%), Folate: 46.68µg (11.67%), Vitamin B1: 0.17mg (11.36%), Potassium: 367.15mg (10.49%), Magnesium: 38.56mg (9.64%), Manganese: 0.19mg (9.34%), Vitamin B6: 0.16mg (8.17%), Vitamin B5: 0.82mg (8.15%), Iron: 1.44mg (8.02%), Fiber: 1.73g (6.92%), Vitamin B3: 0.98mg (4.89%), Copper: 0.08mg (4.11%), Vitamin E: 0.49mg (3.23%)