



Pasta in Almond Garlic Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounces almonds chopped
- 0.5 cup basil divided (torn if large)
- 0.5 cup basil divided (torn if large)
- 4 ounces blanched almonds and whole
- 1 pound pasta
- 3 garlic clove smashed
- 1 tablespoon juice of lemon fresh
- 0.3 cup mint leaves divided (torn if large)
- 2 tablespoons olive oil extra virgin extra-virgin

- 0.5 cup parmesan grated for serving
- 10 ounces peas frozen
- 3 tablespoon butter unsalted divided
- 0.8 cup water

Equipment

- bowl
- frying pan
- whisk
- pot
- blender

Directions

- Purée blanched almonds and garlic with water and 1/4 teaspoon salt in a blender until smooth.
- Cook cavatappi in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until almost al dente. Reserve 3 cups pasta-cooking water and drain pasta.
- Meanwhile, heat oil and 1 tablespoon butter in a 12-inch heavy skillet (preferably straight-sided) over medium heat until foam subsides.
- Add almond purée and simmer, whisking occasionally, until thickened, about 3 minutes.
- Add 2 1/2 cups reserved cooking water, 1/4 teaspoon salt, and 1/2 teaspoon pepper and simmer, whisking occasionally, until slightly thickened, 3 to 4 minutes.
- Whisk in remaining 2 tablespoons butter until melted.
- Add pasta and peas and cook, stirring occasionally, until pasta is al dente (sauce will be thin), 2 to 3 minutes.
- Add cheese and lemon juice and stir until combined well.
- Remove from heat and stir in half of basil and mint and salt and pepper to taste.
- Serve pasta in bowls topped with chopped almonds, remaining herbs, and additional cheese.

Nutrition Facts



■ PROTEIN 13.97% ■ FAT 41.08% ■ CARBS 44.95%

Properties

Glycemic Index:48.89, Glycemic Load:24.84, Inflammation Score:-8, Nutrition Score:25.517826085505%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 614.53kcal (30.73%), Fat: 28.53g (43.89%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 70.24g (23.41%), Net Carbohydrates: 61.78g (22.46%), Sugar: 6.14g (6.83%), Cholesterol: 20.72mg (6.91%), Sodium: 147.64mg (6.42%), Alcohol: 0g (100%), Protein: 21.83g (43.66%), Manganese: 1.55mg (77.62%), Selenium: 51.79µg (73.99%), Vitamin E: 7.94mg (52.95%), Phosphorus: 396.35mg (39.63%), Magnesium: 141.01mg (35.25%), Fiber: 8.47g (33.87%), Copper: 0.63mg (31.51%), Vitamin K: 31.86µg (30.34%), Vitamin C: 21.85mg (26.49%), Vitamin B2: 0.39mg (23.03%), Calcium: 215.01mg (21.5%), Zinc: 2.83mg (18.83%), Vitamin A: 920.37IU (18.41%), Vitamin B1: 0.26mg (17.32%), Vitamin B3: 3.39mg (16.97%), Iron: 3.03mg (16.81%), Folate: 64.65µg (16.16%), Potassium: 521.7mg (14.91%), Vitamin B6: 0.26mg (12.94%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.11µg (1.87%)