

Pasta with Cream Sauce

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



368 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces farfalle pasta
- 0.8 cup chicken broth
- 1.5 teaspoons basil fresh minced
- 4 large garlic clove minced
- 1 cup cup heavy whipping cream
- 3 tablespoons olive oil
- 1.5 teaspoons oregano fresh minced
- 0.3 teaspoon pepper

1 small onion red chopped

0.3 teaspoon salt

Equipment

frying pan

Directions

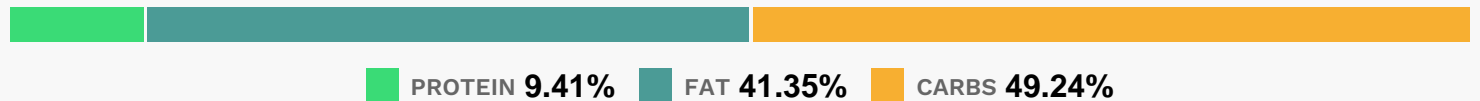
Cook pasta according to package directions. Meanwhile, in a large skillet, saute onion in oil until tender.

Add garlic; cook 1 minute longer. Stir in the broth, basil, oregano, salt and pepper. Bring to a boil; cook for 8 minutes or until reduced by about half. Stir in cream.

Cook, uncovered, 8-10 minutes longer or until sauce is reduced to 1-1/4 cups.

Drain pasta; toss with sauce.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:17.46, Inflammation Score:-6, Nutrition Score:8.9013044574986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 368.13kcal (18.41%), Fat: 16.93g (26.05%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 43.1g (15.67%), Sugar: 3.09g (3.43%), Cholesterol: 34.06mg (11.35%), Sodium: 166.86mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Selenium: 37.12µg (53.02%), Manganese: 0.6mg (30.01%), Phosphorus: 132.24mg (13.22%), Copper: 0.18mg (9.18%), Fiber: 2.26g (9.02%), Vitamin A: 445.89IU (8.92%), Magnesium: 35.24mg (8.81%), Vitamin E: 1.17mg (7.83%), Vitamin B6: 0.13mg (6.51%), Vitamin B2: 0.11mg (6.5%), Vitamin K: 6.76µg (6.44%), Zinc: 0.94mg (6.25%), Iron: 1.01mg (5.62%), Potassium: 190.44mg (5.44%), Vitamin B3: 1.08mg (5.38%), Vitamin B1: 0.07mg (4.78%), Calcium: 44.7mg (4.47%), Folate:

14.97µg (3.74%), Vitamin B5: 0.35mg (3.52%), Vitamin D: 0.48µg (3.17%), Vitamin C: 1.68mg (2.03%)