



Pasta with Mint and Peas

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound capellini pasta dried
- ☐ 0.5 cup crème fraîche sour
- ☐ 1 clove garlic minced
- ☐ 3 servings salt and fresh-ground pepper
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon slivered lemon peel yellow finely (part only)
- ☐ 0.3 cup slivered mint leaves fresh
- ☐ 2 tablespoons olive oil

☐ 0.5 lb sugar snap peas

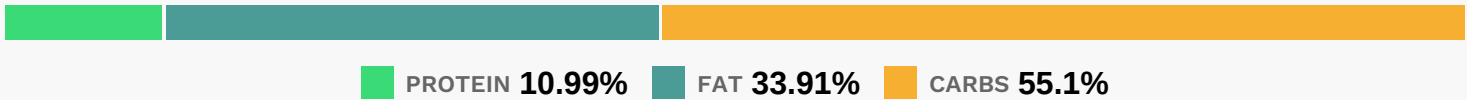
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ In a 4- to 5-quart pan, bring 2 to 3 quarts of water to boiling over high heat.
- ☐ Meanwhile, pull off and discard stem ends and strings from peas. Rinse and drain.
- ☐ When water boils, add pasta, pushing down into water. Cook until almost tender to bite, about 3 minutes.
- ☐ Add peas and cook until they turn bright green, about 2 minutes.
- ☐ Drain peas and pasta well in a colander.
- ☐ In the pan, combine garlic and butter over high heat, stirring until butter melts.
- ☐ Add peas and pasta and mix until pasta stops sizzling, about 1 minute.
- ☐ Add about 2 teaspoons of the lemon peel, 2 tablespoons of the lemon juice, and about 1 tablespoon mint to pan.
- ☐ Mix.
- ☐ Put pasta mixture in wide soup bowls, swirling to make a well in the center. Spoon crme frache into the center of bowls and sprinkle with remaining peel, mint, and lemon juice.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:22.79, Inflammation Score:-8, Nutrition Score:19.393478429836%

Flavonoids

Eriodictyol: 2.28mg, Eriodictyol: 2.28mg, Eriodictyol: 2.28mg, Eriodictyol: 2.28mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg 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: 479.86kcal (23.99%), Fat: 18.16g (27.93%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 66.36g (22.12%), Net Carbohydrates: 61.3g (22.29%), Sugar: 6.82g (7.58%), Cholesterol: 22.62mg (7.54%), Sodium: 215.41mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.49%), Selenium: 49.9µg (71.28%), Vitamin C: 55.99mg (67.87%), Manganese: 0.96mg (47.99%), Vitamin A: 1274.96IU (25.5%), Vitamin K: 25.19µg (23.99%), Phosphorus: 218.7mg (21.87%), Fiber: 5.06g (20.25%), Magnesium: 67.5mg (16.87%), Iron: 2.93mg (16.31%), Copper: 0.31mg (15.45%), Folate: 56.65µg (14.16%), Vitamin B6: 0.27mg (13.66%), Vitamin B1: 0.2mg (13.33%), Vitamin E: 1.9mg (12.64%), Potassium: 418.94mg (11.97%), Vitamin B2: 0.19mg (11.09%), Vitamin B5: 1.07mg (10.71%), Calcium: 104.85mg (10.49%), Zinc: 1.48mg (9.84%), Vitamin B3: 1.89mg (9.44%), Vitamin B12: 0.08µg (1.34%)