



Pasta with Peas, Cream, Parsley, and Mint

READY IN



20 min.

SERVINGS



8

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce elbow pasta
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1.3 cups heavy whipping cream
- ☐ 2.3 cups parmesan cheese plus additional freshly grated for serving
- ☐ 0.5 cup parsley fresh italian divided chopped
- ☐ 16 ounce peas frozen thaw (do not)

Equipment

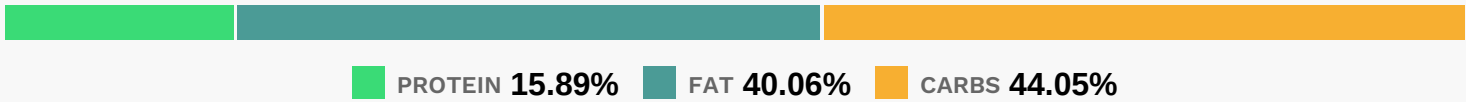
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1/2 cup pasta cooking liquid. Return pasta to pot.
- ☐ Meanwhile, bring cream to simmer in large skillet over medium-high heat.
- ☐ Add peas and simmer just until heated through, 1 to 2 minutes.
- ☐ Add 2 1/4 cups cheese and stir until melted and sauce thickens slightly, about 1 minute. Stir in mint and 1/4 cup parsley.
- ☐ Pour sauce over pasta and toss to coat, adding pasta cooking liquid by tablespoonfuls if dry. Season to taste with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with remaining parsley.
- ☐ Serve, passing additional Parmesan alongside.
- ☐ One serving contains the following: Calories (kcal) 529.41; % Calories from Fat 40.9; Fat (g) 24.08; Saturated Fat (g) 13.32; Cholesterol (mg) 73.45; Carbohydrates (g) 51.91; Dietary Fiber (g) 5.28; Total Sugars (g) 3.45; Net Carbs (g) 46.62; Protein (g) 25.03
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:19.24, Inflammation Score:-8, Nutrition Score:21.683912899183%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 8.16mg, Apigenin: 8.16mg, Apigenin: 8.16mg, Apigenin: 8.16mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg,

Luteolin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 503.46kcal (25.17%), Fat: 22.43g (34.5%), Saturated Fat: 13.12g (81.99%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 50.21g (18.26%), Sugar: 5.87g (6.52%), Cholesterol: 66.49mg (22.16%), Sodium: 511mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.02%), Vitamin K: 77.29µg (73.61%), Selenium: 47.82µg (68.31%), Manganese: 0.8mg (39.96%), Phosphorus: 371.48mg (37.15%), Vitamin C: 28.34mg (34.35%), Vitamin A: 1599.32IU (31.99%), Calcium: 307.84mg (30.78%), Fiber: 5.28g (21.13%), Zinc: 2.87mg (19.1%), Vitamin B2: 0.28mg (16.66%), Magnesium: 64.21mg (16.05%), Vitamin B1: 0.22mg (14.75%), Copper: 0.29mg (14.46%), Folate: 57.54µg (14.38%), Vitamin B3: 2.27mg (11.34%), Iron: 2.04mg (11.32%), Potassium: 380.64mg (10.88%), Vitamin B6: 0.22mg (10.87%), Vitamin B12: 0.44µg (7.32%), Vitamin B5: 0.51mg (5.09%), Vitamin D: 0.74µg (4.9%), Vitamin E: 0.65mg (4.33%)