



Pasta with prawns, mascarpone & lemon

READY IN



30 min.

SERVINGS



2

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g soup noodles dried
- ☐ 85 g pea frozen
- ☐ 85 g broad bean frozen podded
- ☐ 100 g broccoli cut into small florets
- ☐ 100 g prawn cooked peeled
- ☐ 1 lemon zest cut into wedges
- ☐ 3 tbsp mascarpone cheese light
- ☐ 0.5 small bunch basil leaves shredded whole

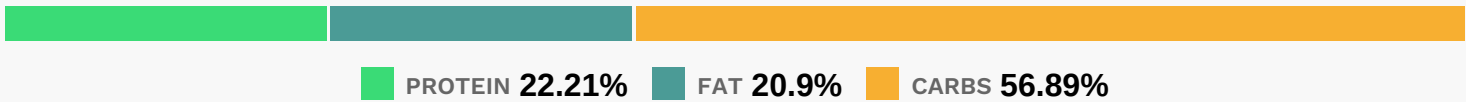
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pasta following pack instructions, adding the vegetables 4 mins before the end of the cooking time, and the prawns just as the cooking time is up. Reserve a mug of the water, then drain everything and tip back into the pan.
- ☐ Tip in the lemon zest and juice, and the mascarpone, and heat through, adding enough of the pasta water to create a creamy sauce. Scatter in the shredded mint or basil, a good grinding of black pepper and a little salt. Divide between 2 warmed pasta bowls, scatter over the herb leaves and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:121.5, Glycemic Load:27.67, Inflammation Score:-8, Nutrition Score:24.813913262409%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 518.37kcal (25.92%), Fat: 12.04g (18.52%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 73.75g (24.58%), Net Carbohydrates: 64.8g (23.56%), Sugar: 5.03g (5.58%), Cholesterol: 103mg (34.33%), Sodium: 96.66mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.57%), Selenium: 47.68µg (68.12%), Vitamin C: 49.13mg (59.55%), Vitamin K: 61.33µg (58.4%), Manganese: 1.17mg (58.36%), Folate: 178.45µg (44.61%), Phosphorus: 393.2mg (39.32%), Fiber: 8.95g (35.79%), Copper: 0.66mg (32.84%), Magnesium: 107.63mg (26.91%), Potassium: 688.85mg (19.68%), Zinc: 2.86mg (19.09%), Iron: 3.33mg (18.48%), Vitamin B1: 0.23mg (15.2%), Vitamin A: 746.25IU (14.93%), Calcium: 134.76mg (13.48%), Vitamin B6: 0.27mg (13.41%), Vitamin B3: 2.05mg (10.26%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.84mg (8.43%), Vitamin E: 0.62mg (4.12%)