



Pasta with Salami and Peas

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 teaspoons garlic minced
- ☐ 1 bunch green onions chopped
- ☐ 0.8 teaspoon ground pepper
- ☐ 0.5 teaspoon ground pepper black
- ☐ 16 ounce mostaccioli pasta dry
- ☐ 0.5 cup olive oil
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 2 cups peas green frozen

- ☐ 8 ounces genoa salami hard thinly sliced
- ☐ 8 servings salt to taste

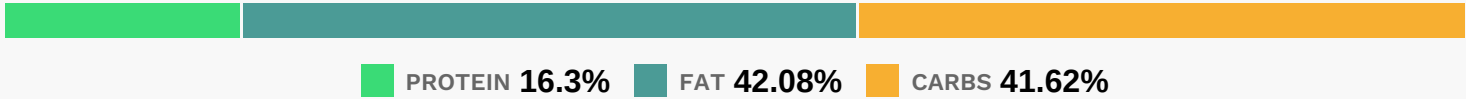
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place pasta in the pot, and cook for 6 minutes.
- ☐ Mix in peas. Continue cooking 4 to 6 minutes, until pasta is al dente.
- ☐ Drain, and return to pot.
- ☐ Heat the oil and butter in a skillet over medium heat. Stir in green onions and garlic. Season with salt, black pepper, and cayenne pepper. Cook and stir until green onions are tender.
- ☐ Mix in salami, and continue cooking until heated through.
- ☐ Transfer to the pot with the cooked pasta.
- ☐ Add Parmesan cheese, and gently toss.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:18.7, Inflammation Score:-6, Nutrition Score:17.181304450916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 485.44kcal (24.27%), Fat: 22.56g (34.71%), Saturated Fat: 9.52g (59.5%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 46.16g (16.79%), Sugar: 3.68g (4.09%), Cholesterol: 48.52mg (16.17%), Sodium: 1104.81mg

(48.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Selenium: 48.28µg (68.97%), Manganese: 0.74mg (36.83%), Phosphorus: 295.19mg (29.52%), Vitamin B1: 0.42mg (27.92%), Zinc: 3.01mg (20.1%), Vitamin C: 15.44mg (18.72%), Vitamin K: 17.96µg (17.1%), Vitamin B3: 3.36mg (16.8%), Vitamin B12: 0.97µg (16.24%), Fiber: 4.06g (16.23%), Vitamin B6: 0.32mg (16.21%), Copper: 0.29mg (14.26%), Calcium: 141.35mg (14.14%), Magnesium: 54.06mg (13.51%), Vitamin A: 671.39IU (13.43%), Vitamin B2: 0.23mg (13.3%), Potassium: 363.54mg (10.39%), Iron: 1.8mg (9.98%), Folate: 37.46µg (9.37%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.8mg (5.34%)