



Pasta with Speedy Romesco Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almonds smoked salted (not)
- 2 cups peas frozen
- 1 large garlic clove
- 0.5 cup chicken broth reduced-sodium
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup parmesan finely grated for serving
- 0.3 teaspoon pepper dried hot to taste
- 7 oz roasted peppers red drained
- 1 lb rotini pasta

- 0.8 teaspoon salt to taste
- 1 teaspoon sherry vinegar to taste
- 1 slice sandwich bread white firm toasted

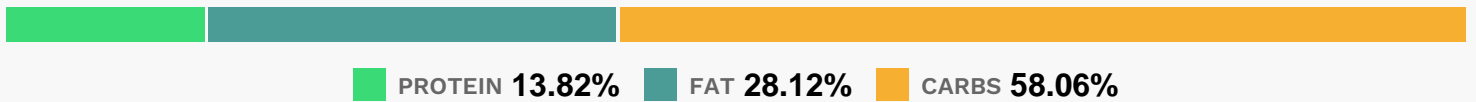
Equipment

- frying pan
- pot
- blender
- colander

Directions

- Begin to cook pasta in a 6- to 8-quart pot of boiling salted water.
- Meanwhile, working quickly, tear toast into pieces and blend with peppers, almonds, garlic, broth, oil, vinegar, salt, and red-pepper flakes in a blender until smooth, about 2 minutes.
- Transfer to a 12-inch heavy skillet and bring to a simmer.
- When pasta is barely al dente, add peas and continue to cook until peas are just tender, about 2 minutes. Reserve 1/2 cup pasta water, then drain pasta and peas in a colander.
- Add pasta and peas to sauce along with cheese (1/4 cup) and toss to combine.
- Add some reserved pasta water to thin if necessary.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.03, Glycemic Load:39.23, Inflammation Score:-8, Nutrition Score:28.551304347826%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 707.25kcal (35.36%), Fat: 22.15g (34.07%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 102.92g (34.31%), Net Carbohydrates: 93.25g (33.91%), Sugar: 7.97g (8.85%), Cholesterol: 4.25mg (1.42%), Sodium: 1267.06mg (55.09%), Protein: 24.49g (48.97%), Selenium: 76.48µg (109.25%), Manganese: 1.68mg (83.77%), Vitamin C: 52.31mg (63.41%), Phosphorus: 406.44mg (40.64%), Fiber: 9.68g (38.71%), Copper: 0.64mg (32.03%), Vitamin E: 4.53mg (30.18%), Magnesium: 118.78mg (29.7%), Vitamin K: 26.48µg (25.22%), Vitamin B1: 0.36mg (24.1%), Vitamin B3: 4.78mg (23.89%), Folate: 86.84µg (21.71%), Zinc: 3.14mg (20.92%), Iron: 3.71mg (20.62%), Vitamin B6: 0.41mg (20.52%), Vitamin B2: 0.33mg (19.24%), Vitamin A: 898.7IU (17.97%), Calcium: 176.94mg (17.69%), Potassium: 612.31mg (17.49%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.1µg (1.74%)