



Pasta with Sweet Peas

READY IN



45 min.

SERVINGS



1

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon butter
- ☐ 1 tablespoon chicken soup base
- ☐ 4 ounces farfalle pasta
- ☐ 0.3 cup peas green canned
- ☐ 2 cups water

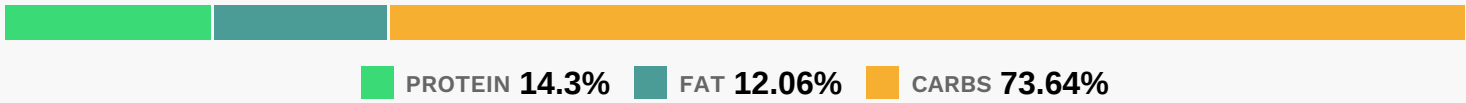
Equipment

- ☐ pot

Directions

- ☐ In a small pot cook farfalle pasta with the 2 cups of water.
- ☐ Add chicken bouillon and boil until water has reduced.
- ☐ Stir in butter and peas.
- ☐ Add red pepper flakes, if desired.
- ☐ Serve with sprinkled parsley on top.

Nutrition Facts



Properties

Glycemic Index:136.33, Glycemic Load:35.44, Inflammation Score:-6, Nutrition Score:17.173912996831%

Nutrients (% of daily need)

Calories: 499.27kcal (24.96%), Fat: 6.61g (10.16%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 90.8g (30.27%), Net Carbohydrates: 85.1g (30.95%), Sugar: 5.95g (6.62%), Cholesterol: 11.4mg (3.8%), Sodium: 1258.18mg (54.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Selenium: 73.77µg (105.39%), Manganese: 1.2mg (59.8%), Phosphorus: 262.97mg (26.3%), Copper: 0.47mg (23.36%), Fiber: 5.7g (22.78%), Magnesium: 79.7mg (19.92%), Vitamin C: 14.56mg (17.64%), Vitamin B3: 2.81mg (14.05%), Zinc: 2.1mg (14.03%), Vitamin B1: 0.2mg (13.58%), Iron: 2.06mg (11.44%), Folate: 45.72µg (11.43%), Vitamin B6: 0.23mg (11.37%), Potassium: 357.98mg (10.23%), Vitamin K: 9.45µg (9%), Vitamin B2: 0.14mg (8.18%), Vitamin A: 402.36IU (8.05%), Calcium: 57.62mg (5.76%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.31mg (2.07%)