



Pasta with Tomato and Peas

READY IN



30 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 carrots diced
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 1 pound pasta
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan grated

- ☐ 1.5 cups peas frozen thawed
- ☐ 0.3 cup romano grated
- ☐ 1 teaspoon salt
- ☐ 3 shallots chopped
- ☐ 5 tablespoons tomato paste

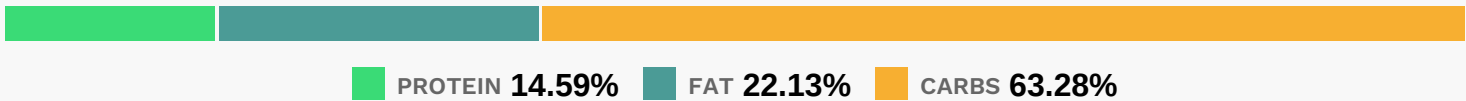
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain the pasta, reserving 2 cups of the pasta water.
- ☐ Meanwhile, heat the oil in a large nonstick frying pan over medium heat.
- ☐ Add the shallots, garlic, carrots, salt, and pepper. Cook until tender, about 8 minutes.
- ☐ Add the tomato paste and 1/2 cup of the hot pasta water. Stir to melt the tomato paste and create a sauce, adding more pasta water if necessary. Stir in the oregano, thyme, and parsley. Gently fold in the cooked pasta, peas, and the cheeses, adding more reserved pasta water if necessary.
- ☐ Transfer to a platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:26.03, Inflammation Score:-9, Nutrition Score:18.789565072111%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 431.55kcal (21.58%), Fat: 10.62g (16.34%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 62.37g (22.68%), Sugar: 7.25g (8.06%), Cholesterol: 7.17mg (2.39%), Sodium: 625.11mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.51%), Selenium: 51.02µg (72.88%), Manganese: 1.02mg (50.91%), Vitamin A: 2240.83IU (44.82%), Phosphorus: 267.45mg (26.75%), Fiber: 5.96g (23.84%), Vitamin C: 19.44mg (23.56%), Vitamin K: 21.09µg (20.08%), Copper: 0.36mg (17.97%), Magnesium: 66.73mg (16.68%), Calcium: 140.98mg (14.1%), Iron: 2.52mg (14.01%), Vitamin B6: 0.28mg (13.9%), Potassium: 486.43mg (13.9%), Vitamin B3: 2.62mg (13.1%), Vitamin B1: 0.19mg (12.89%), Zinc: 1.93mg (12.85%), Vitamin E: 1.85mg (12.34%), Folate: 46.5µg (11.63%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.5mg (4.95%), Vitamin B12: 0.1µg (1.61%)