



## Pasta with Walnuts and Vegetable Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



723 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup cream cheese
- ☐ 1 cup regular corn fresh
- ☐ 1 cup heavy cream
- ☐ 1 cup peas frozen
- ☐ 1 pound penne pasta
- ☐ 6 servings salt and pepper
- ☐ 1 cup walnuts toasted

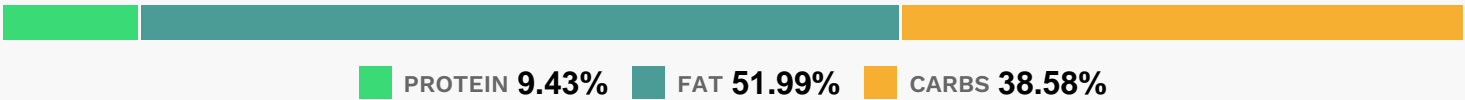
## Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

## Directions

- ☐ Make the sauce: Bring a large pot of water to a boil over high heat. In a large fry pan over medium-low heat, melt the butter.
- ☐ Add the corn and peas and cook for about 5 minutes.dd the cream and cream cheese, stirring it with a wooden spoon. Bring to simmer, stirring occasionally.
- ☐ Remove from the heat and stir in the Asiago cheese, salt and pepper.Meanwhile, add salt and pasta to the boiling water. Cook, stirring occasionally to prevent sticking, until al dente, according to the package instructions.
- ☐ Drain, reserving about 1/4 cup of the cooking water.
- ☐ Add the pasta to the sauce along with the walnuts and stir to combine.
- ☐ Add the reserved cooking water, stir, and warm over low heat.

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:24.18, Inflammation Score:-8, Nutrition Score:19.60739133669%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

## Nutrients (% of daily need)

Calories: 723.42kcal (36.17%), Fat: 42.66g (65.64%), Saturated Fat: 19.26g (120.38%), Carbohydrates: 71.24g (23.75%), Net Carbohydrates: 65.37g (23.77%), Sugar: 5.77g (6.41%), Cholesterol: 84.26mg (28.09%), Sodium: 332.22mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.81%), Manganese: 1.5mg (75.22%), Selenium: 52.3µg (74.72%), Phosphorus: 305.89mg (30.59%), Copper: 0.59mg (29.65%), Vitamin A: 1263.39IU (25.27%), Fiber: 5.87g (23.49%), Magnesium: 92.33mg (23.08%), Vitamin B6: 0.33mg (16.34%), Vitamin B1: 0.24mg (15.99%), Folate: 63µg (15.75%), Zinc: 2.36mg (15.73%), Vitamin B2: 0.25mg (14.82%), Vitamin C: 12.14mg (14.71%),

Potassium: 459.36mg (13.12%), Vitamin B3: 2.52mg (12.59%), Iron: 2.16mg (11.98%), Calcium: 89.05mg (8.9%),  
Vitamin K: 8.92µg (8.5%), Vitamin B5: 0.76mg (7.62%), Vitamin E: 1mg (6.65%), Vitamin D: 0.63µg (4.23%), Vitamin  
B12: 0.12µg (2.02%)