



Pastina with Peas and Carrots

READY IN



20 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium carrots diced peeled
- ☐ 4 ounces cream cheese at room temperature
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 6 servings kosher salt
- ☐ 1 cup chicken stock see low-sodium
- ☐ 4 ounces mascarpone cheese at room temperature
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced finely
- ☐ 8 ounces pasta such as farfallini small-shaped

☐ 1 cup peas frozen thawed

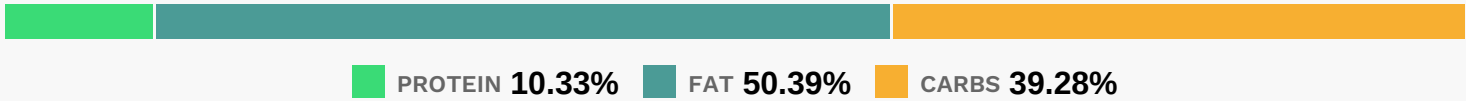
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ 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, reserving about 1 cup of the pasta water.
- ☐ In a large nonstick skillet, heat the oil over medium heat.
- ☐ Add the onion and cook, stirring occasionally until soft, about 7 minutes.
- ☐ Add the carrots and stock and bring to a boil. Reduce the heat to a simmer and cook for 5 minutes.
- ☐ Add the peas to the pan and cook for 2 minutes until the peas are warmed through and the carrots are tender. Stir in the cooked pasta.
- ☐ Remove the pan from the heat and add the cheeses. Stir until the mixture is incorporated and forms a sauce. Season with salt, to taste.
- ☐ Transfer to a large serving bowl and garnish with chopped basil.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:12.23, Inflammation Score:-10, Nutrition Score:9.3539130013922%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 364.91kcal (18.25%), Fat: 20.75g (31.92%), Saturated Fat: 9.85g (61.58%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.92g (11.97%), Sugar: 4.92g (5.46%), Cholesterol: 37.99mg (12.66%), Sodium: 291.15mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin A: 4135.58IU (82.71%), Vitamin C: 11.85mg (14.36%), Vitamin K: 14.7µg (14%), Fiber: 3.48g (13.92%), Iron: 1.82mg (10.1%), Manganese: 0.15mg (7.67%), Phosphorus: 69mg (6.9%), Vitamin E: 1.01mg (6.72%), Vitamin B3: 1.28mg (6.4%), Calcium: 63.15mg (6.31%), Vitamin B2: 0.1mg (6.04%), Folate: 23.94µg (5.99%), Vitamin B1: 0.09mg (5.84%), Potassium: 201.89mg (5.77%), Vitamin B6: 0.1mg (4.92%), Copper: 0.08mg (4.12%), Magnesium: 14.11mg (3.53%), Zinc: 0.51mg (3.39%), Selenium: 2.14µg (3.06%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.08µg (1.35%)