



Pea pesto & prawn spaghetti

READY IN



25 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g peas frozen
- ☐ 0.5 g tub garlic & herb cheese soft
- ☐ 1 lemon zest
- ☐ 1 garlic clove chopped
- ☐ 300 g pasta like spaghetti
- ☐ 190 g pack prawns cooked

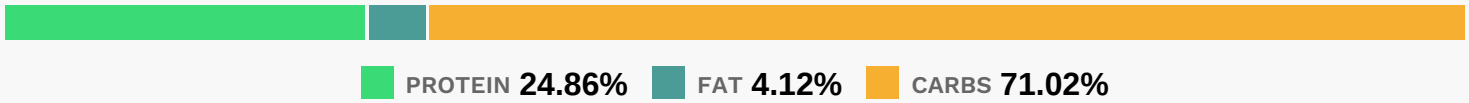
Equipment

- ☐ frying pan

Directions

- ☐ Whizz 300g of the peas with the soft cheese, lemon zest and juice, and the garlic.
- ☐ Add some seasoning, then set aside.
- ☐ Meanwhile, cook pasta following pack instructions. Tip in the remaining peas 2 mins before the pasta is cooked, then drain everything and return to the pan. Stir through the pea pesto and some seasoning. Divide between 4 plates and serve with the prawns and extra lemon wedges, if you like.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:26.44, Inflammation Score:-8, Nutrition Score:21.0495649939%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 401.88kcal (20.09%), Fat: 1.83g (2.81%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 70.9g (23.63%), Net Carbohydrates: 62.63g (22.77%), Sugar: 7.74g (8.6%), Cholesterol: 76.61mg (25.54%), Sodium: 66.92mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.65%), Selenium: 49.32µg (70.45%), Manganese: 1.13mg (56.3%), Vitamin C: 42.17mg (51.11%), Phosphorus: 352.73mg (35.27%), Fiber: 8.27g (33.1%), Copper: 0.58mg (29.1%), Vitamin K: 24.89µg (23.7%), Magnesium: 89.79mg (22.45%), Vitamin B1: 0.34mg (22.39%), Folate: 78.72µg (19.68%), Zinc: 2.95mg (19.64%), Vitamin B3: 3.38mg (16.88%), Potassium: 542.06mg (15.49%), Vitamin A: 765.82IU (15.32%), Iron: 2.72mg (15.09%), Vitamin B6: 0.29mg (14.37%), Vitamin B2: 0.18mg (10.53%), Calcium: 74.52mg (7.45%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.22mg (1.45%)