



Rigatoni with Sugar Snap Peas and Cottage Cheese Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves
- ☐ 4 cups rigatoni hot cooked uncooked (12 ounces pasta)
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 2 garlic cloves
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound sugar snap peas trimmed

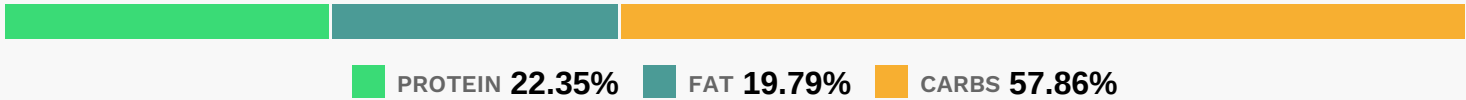
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine cottage cheese and garlic in a food processor; process until smooth, scraping sides of bowl once.
- ☐ Add basil, Parmesan cheese, yogurt, oil, salt, and pepper; process until finely smooth.
- ☐ Steam peas, covered, 5 minutes or until crisp-tender.
- ☐ Combine pesto, peas, and pasta in a large bowl; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:14.29, Inflammation Score:-8, Nutrition Score:18.500869666105%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 301.02kcal (15.05%), Fat: 6.58g (10.12%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.13g (14.23%), Sugar: 5.81g (6.46%), Cholesterol: 9.59mg (3.2%), Sodium: 622.92mg (27.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.71g (33.43%), Vitamin C: 52.67mg (63.84%), Selenium: 35.09µg (50.13%), Vitamin K: 48.52µg (46.21%), Manganese: 0.65mg (32.52%), Phosphorus: 271.5mg (27.15%), Vitamin A: 1300.74IU (26.01%), Iron: 3.41mg (18.97%), Calcium: 181.14mg (18.11%), Fiber: 4.15g (16.62%), Vitamin B2: 0.27mg (15.71%), Folate: 53.52µg (13.38%), Magnesium: 53.04mg (13.26%), Vitamin B6: 0.23mg (11.63%), Vitamin B1: 0.17mg (11.48%), Vitamin B5: 1.11mg (11.09%), Copper: 0.22mg (10.84%), Potassium: 353.14mg (10.09%), Zinc: 1.44mg (9.6%), Vitamin B12: 0.41µg (6.75%), Vitamin E: 0.98mg (6.55%), Vitamin B3: 1.07mg (5.37%)