



Shells With Peas, Carrots, and Mint



Dairy Free



Very Healthy

READY IN



24 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch baby carrots trimmed halved
- ☐ 0.3 cup torn mint leaves fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 1.5 cups peas frozen
- ☐ 1 pound shells

Equipment

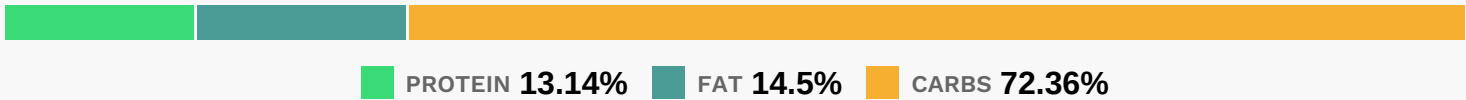
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 42
- ☐ Cook pasta according to package directions in salted water; reserve 1/4 cup pasta water.
- ☐ Add peas during last 2 minutes of cooking; drain pasta and peas and return to pot.
- ☐ While pasta cooks, toss carrots on a large rimmed baking sheet with 1 tablespoon oil and 1/4 teaspoon each salt and freshly ground black pepper. Roast carrots 15–18 minutes; toss pasta, reserved pasta water, and peas with carrots, mint, and remaining 1 tablespoon oil in pot. Divide among 6 bowls.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:19.678260989811%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 378.65kcal (18.93%), Fat: 6.07g (9.34%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 68.13g (22.71%), Net Carbohydrates: 61.32g (22.3%), Sugar: 7.64g (8.49%), Cholesterol: 0mg (0%), Sodium: 65.52mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.75%), Vitamin A: 10699.46IU (213.99%), Selenium: 49.11µg (70.15%), Manganese: 0.98mg (48.86%), Fiber: 6.81g (27.24%), Vitamin C: 17.05mg (20.66%), Phosphorus: 204.4mg (20.44%), Copper: 0.36mg (18.17%), Vitamin K: 18.92µg (18.02%), Magnesium: 61.03mg (15.26%), Folate: 59.56µg (14.89%), Iron: 2.3mg (12.8%), Potassium: 445.5mg (12.73%), Vitamin B1: 0.19mg (12.57%), Vitamin B6: 0.25mg (12.49%), Vitamin B3: 2.49mg (12.46%), Zinc: 1.66mg (11.09%), Vitamin B2: 0.13mg (7.36%), Vitamin B5: 0.67mg (6.71%), Vitamin E: 0.8mg (5.35%), Calcium: 53.54mg (5.35%)