



## Spaghetti with leeks, peas & pesto



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 175 g pasta like spaghetti
- ☐ 140 g pea frozen
- ☐ 1 tbsp olive oil
- ☐ 250 g leeks trimmed thinly sliced
- ☐ 1 tbsp basil pesto

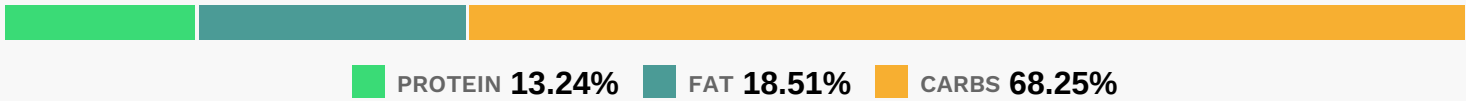
## Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐
- Cook the spaghetti according to pack instructions, adding the peas for the final 2 mins. Meanwhile, heat the oil in a frying pan, add the leeks, then gently cook for about 5 mins until softened. Stir in the pesto and 3 tbsp of the pasta cooking water, then simmer for a few mins.
- ☐
- Drain the pasta and peas, then add to the frying pan, tossing everything together. Divide between 2 warm bowls and sprinkle with a little grated Parmesan, if using.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:35.32, Inflammation Score:-9, Nutrition Score:28.211304436559%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 572.98kcal (28.65%), Fat: 11.84g (18.22%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 98.22g (32.74%), Net Carbohydrates: 88.5g (32.18%), Sugar: 9.76g (10.85%), Cholesterol: 0.6mg (0.2%), Sodium: 103.32mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.11%), Manganese: 1.74mg (86.81%), Selenium: 58.3µg (83.29%), Vitamin K: 64.24µg (61.18%), Folate: 241.35µg (60.34%), Vitamin A: 2245.45IU (44.91%), Fiber: 9.72g (38.88%), Phosphorus: 318.33mg (31.83%), Iron: 5.6mg (31.12%), Magnesium: 118.47mg (29.62%), Copper: 0.59mg (29.52%), Vitamin B6: 0.49mg (24.27%), Vitamin B1: 0.3mg (19.68%), Vitamin C: 15.28mg (18.52%), Potassium: 614.79mg (17.57%), Vitamin E: 2.45mg (16.34%), Zinc: 2.29mg (15.24%), Calcium: 121.07mg (12.11%), Vitamin B3: 2.33mg (11.67%), Vitamin B5: 0.84mg (8.4%), Vitamin B2: 0.13mg (7.56%)