



Spring Sweet Pea Pasta Salad

READY IN



50 min.

SERVINGS



6

CALORIES



783 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce bow tie pasta farfalle
- ☐ 1 pinch cayenne pepper to taste
- ☐ 8 ounces ham diced lean fully cooked
- ☐ 1 tablespoon dill weed dried
- ☐ 2 sprigs optional: dill fresh for garnish
- ☐ 6 servings kosher salt to taste
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 0.8 cup mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 8 ounces peas green frozen thawed
- ☐ 0.5 cup onion diced red
- ☐ 8 ounces sharp cheddar cheese cubed
- ☐ 0.8 cup cup heavy whipping cream sour

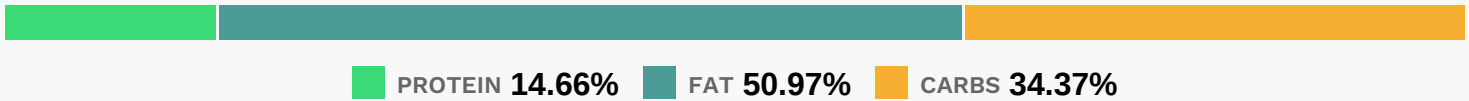
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil over high heat.
- ☐ Add the bow tie pasta, and cook until al dente, 8 to 10 minutes.
- ☐ Drain and rinse well with cold water, then toss with the olive oil, and set aside.
- ☐ Stir the sour cream, mayonnaise, lemon juice, lemon zest, dried dill, cayenne pepper, and salt until smooth. Fold in the onion, peas, ham, Cheddar cheese, and bow tie pasta.
- ☐ Garnish with the dill sprigs to serve.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:24.76, Inflammation Score:-7, Nutrition Score:21.750434777011%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 783.15kcal (39.16%), Fat: 44.42g (68.33%), Saturated Fat: 14.01g (87.55%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 62.37g (22.68%), Sugar: 6.96g (7.74%), Cholesterol: 86.77mg (28.92%), Sodium: 1128.7mg (49.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.47%), Selenium: 60.95µg (87.07%), Vitamin K: 57.9µg (55.14%), Manganese: 0.9mg (44.85%), Phosphorus: 392.16mg (39.22%), Calcium: 338.09mg (33.81%), Vitamin C: 21.91mg (26.56%), Zinc: 3.11mg (20.71%), Fiber: 5.01g (20.04%), Vitamin B2: 0.32mg (19.02%), Vitamin A: 907.93IU (18.16%), Magnesium: 70.32mg (17.58%), Copper: 0.32mg (15.92%), Folate: 54.05µg (13.51%), Vitamin B1: 0.2mg (13.3%), Iron: 2.23mg (12.38%), Vitamin B6: 0.24mg (12.14%), Vitamin E: 1.8mg (12.03%), Potassium: 380.43mg (10.87%), Vitamin B3: 2.17mg (10.83%), Vitamin B12: 0.49µg (8.24%), Vitamin B5: 0.7mg (6.99%), Vitamin D: 0.28µg (1.89%)