



Summer pea pasta

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 3 fat garlic cloves finely chopped
- ☐ 1 chilli red deseeded finely chopped
- ☐ 2 lemon zest
- ☐ 400 g soup noodles
- ☐ 200 g peas fresh
- ☐ 20 g pack basil

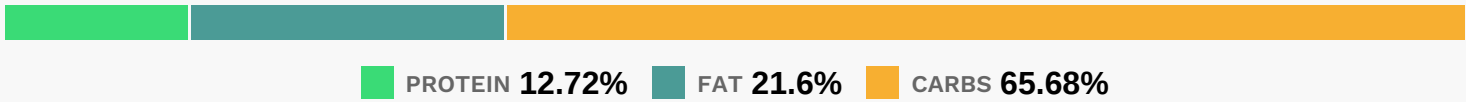
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 tbsp oil in a frying pan and cook the garlic and chilli for a couple of mins until very lightly golden. Stir in the zest.
- ☐ Cook the pasta, adding the peas for the final 2 mins.
- ☐ Drain, then tip everything back into the saucepan. Tip in the garlic, chilli and lemon, scraping in any bits stuck to the pan. Tear in the basil, season and add the remaining olive oil. Stir well.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:32.56, Inflammation Score:-7, Nutrition Score:20.992174210756%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 514.73kcal (25.74%), Fat: 12.31g (18.94%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 84.22g (28.07%), Net Carbohydrates: 77.55g (28.2%), Sugar: 6.26g (6.96%), Cholesterol: 0mg (0%), Sodium: 10.48mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.61%), Selenium: 64.51µg (92.16%), Manganese: 1.24mg (61.9%), Vitamin C: 41.64mg (50.47%), Vitamin K: 41.18µg (39.22%), Fiber: 6.66g (26.66%), Phosphorus: 254.44mg (25.44%), Copper: 0.42mg (21.01%), Magnesium: 76.3mg (19.07%), Vitamin B6: 0.32mg (16.21%), Vitamin B1: 0.24mg (15.94%), Vitamin A: 755.05IU (15.1%), Vitamin B3: 2.96mg (14.79%), Folate: 56.94µg (14.24%), Zinc: 2.13mg (14.22%), Iron: 2.43mg (13.5%), Vitamin E: 1.81mg (12.09%), Potassium: 409.9mg (11.71%), Vitamin B2: 0.14mg (8.49%), Vitamin B5: 0.54mg (5.39%), Calcium: 52.12mg (5.21%)