



## Sweet Pea And Potato Pasta

READY IN



15 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 12 ounces fettuccine barilla ()
- ☐ 4 servings kosher salt and pepper
- ☐ 6 olive oil extra-virgin
- ☐ 0.5 cup parmesan grated
- ☐ 2 cups garden peas in their pods shelled
- ☐ 6 scallions trimmed chopped
- ☐ 0.5 pound yukon gold potatoes cut into 1-inch pieces

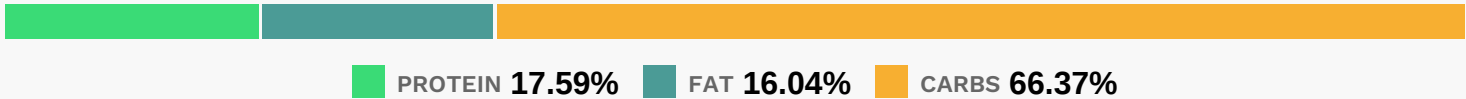
### Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Cook the pasta according to the package directions.
- ☐ Drain the pasta, return it to the pot, and toss with 4 tablespoons of the oil. While the pasta cooks, place the potatoes in a large pot, cover with cold water, and bring to a simmer.
- ☐ Add 1 tablespoon salt and cook until tender, about 12 minutes. Shell the peas. When the potatoes have 2 minutes left to cook, add the peas to the pot.
- ☐ Drain the vegetables and transfer to the pot with the pasta. Stir in the scallions, 1/4 cup Parmesan, the remaining oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Divide among individual bowls and top with the remaining Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:57.77, Glycemic Load:35.86, Inflammation Score:-8, Nutrition Score:26.973043462505%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 496.99kcal (24.85%), Fat: 8.88g (13.66%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 82.68g (27.56%), Net Carbohydrates: 74.03g (26.92%), Sugar: 6.67g (7.41%), Cholesterol: 79.94mg (26.65%), Sodium: 421.84mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.83%), Selenium: 71.41µg (102.02%), Manganese: 1.14mg (57.15%), Vitamin K: 57.86µg (55.1%), Vitamin C: 43.55mg (52.79%), Phosphorus: 409mg (40.9%), Fiber: 8.65g (34.62%), Vitamin B1: 0.4mg (26.5%), Vitamin B6: 0.5mg (24.79%), Magnesium: 95.4mg (23.85%), Folate: 93.26µg (23.31%), Copper: 0.46mg (23.03%), Calcium: 215.79mg (21.58%), Zinc: 3.11mg (20.74%), Vitamin B3: 4.03mg (20.14%), Potassium: 684.36mg (19.55%), Iron: 3.5mg (19.46%), Vitamin A: 885.57IU (17.71%), Vitamin B2: 0.25mg (14.49%), Vitamin B5: 1.09mg (10.89%), Vitamin B12: 0.4µg (6.61%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.32µg (2.12%)