



The Secret Ingredient: Crème Fraîche

READY IN



45 min.

SERVINGS



4

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 cups crème fraîche
- ☐ 1 teaspoon thyme sprigs fresh plus more for garnish
- ☐ 0.5 cup gruyere cheese grated
- ☐ 1 tablespoon mint leaves fresh plus more for garnish
- ☐ 0.5 parmesan grated
- ☐ 1 pound peas frozen
- ☐ 4 servings crème fraîche sweet with shallots, mint, and crème fraîche
- ☐ 4 servings salt and pepper

- ☐ 0.5 large shallots minced
- ☐ 0.5 cup cheddar cheese white grated
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons butter unsalted
- ☐ 1 pound mostaccioli pasta grated
- ☐ 0.5 cup zucchini grated ()

Equipment

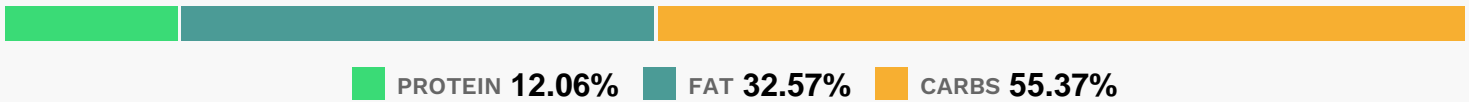
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ loaf pan
- ☐ baking pan

Directions

- ☐ For the sweet spring peas with shallots, mint, and crème fraîche: Bring a pot of water to a boil, and salt it well.
- ☐ Add the peas, and blanch for 2 minutes.
- ☐ Drain, and shock in ice water.
- ☐ Meanwhile, sauté the shallot in the butter on medium-low heat in a wide sauté pan. Season with salt and pepper, and sauté just until the shallot is soft and translucent.
- ☐ Add the peas to the butter and shallot, and heat through, allowing all excess water to evaporate. Turn off the heat, and add the crème fraîche and mint.
- ☐ Serve!
- ☐ For the mac and cheese: Preheat the oven to 375°F.
- ☐ Bring a large pot of water to boil, and salt it well. Boil the pasta until just shy of al dente.
- ☐ Meanwhile, in a large bowl, mix together the crème fraîche, zucchini, all of the fontina, Gruyère, and cheddar, and half the Parmesan.

- ☐
- Add the thyme, and season with salt and pepper. Stir until it is all perfectly combined.
- ☐
- Drain the pasta, and toss well with the crème fraîche and cheese mixture. Decant into a buttered baking dish, and sprinkle the top with the remaining Parmesan.
- ☐
- Bake for 25–30 minutes, until the top is golden.
- ☐
- Let stand 5 minutes before serving, and garnish with some fresh thyme.
- ☐
- Whisk everything together, then decant into a loaf pan. Freeze until firm (several hours), and serve with raspberries and blackberries.

Nutrition Facts



Properties

Glycemic Index:79.86, Glycemic Load:59.27, Inflammation Score:-9, Nutrition Score:33.353913099869%

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 Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1071.04kcal (53.55%), Fat: 39.19g (60.29%), Saturated Fat: 20.38g (127.35%), Carbohydrates: 149.88g (49.96%), Net Carbohydrates: 139.36g (50.68%), Sugar: 55.85g (62.05%), Cholesterol: 112.67mg (37.56%), Sodium: 473.61mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.29%), Selenium: 85.22µg (121.74%), Manganese: 1.58mg (79.22%), Vitamin C: 50.72mg (61.48%), Phosphorus: 608.5mg (60.85%), Calcium: 460.87mg (46.09%), Vitamin A: 2128.09IU (42.56%), Fiber: 10.52g (42.07%), Vitamin B2: 0.57mg (33.31%), Zinc: 4.77mg (31.82%), Magnesium: 125.55mg (31.39%), Vitamin B1: 0.47mg (31.06%), Vitamin K: 31.79µg (30.28%), Copper: 0.58mg (29.01%), Folate: 112.87µg (28.22%), Vitamin B6: 0.47mg (23.37%), Vitamin B3: 4.55mg (22.74%), Potassium: 775.08mg (22.15%), Iron: 3.54mg (19.68%), Vitamin B5: 1.23mg (12.35%), Vitamin B12: 0.69µg (11.44%), Vitamin E: 0.99mg (6.57%), Vitamin D: 0.22µg (1.48%)