



WHATSheATE



Two Peas in a Pasta



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound eggs dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups peas fresh shelled ()
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 medium leek white green rinsed finely chopped well (and pale parts only)
- ☐ 2 teaspoons lemon zest fresh finely grated

- ☐ 1 cup chicken broth low-sodium
- ☐ 0.3 cup parmesan finely grated for serving
- ☐ 3.5 cups snow peas trimmed halved lengthwise
- ☐ 2 tablespoons butter unsalted
- ☐ 0.8 cup water

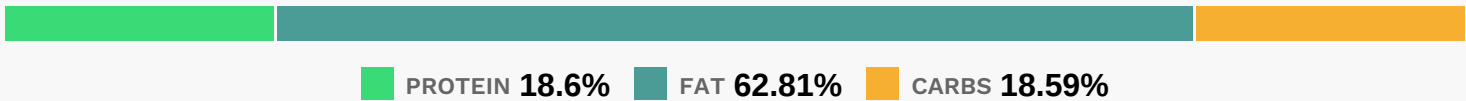
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook leeks in butter in a 12-inch heavy skillet over moderately low heat, stirring, until tender, about 5 minutes.
- ☐ Add broth, cream, and water and simmer, uncovered, about 5 minutes.
- ☐ Stir shelled peas into sauce and simmer 3 minutes. 3Stir in snow peas, salt, and pepper and simmer until peas are tender, about 5 minutes.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water.
- ☐ Drain pasta, then add to sauce, tossing to combine.
- ☐ Sprinkle parsley, zest, and parmesan on top and toss again. Season with pepper.
- ☐ You can substitute 1 (10-oz) package frozen peas (not thawed) for shelled fresh peas.
- ☐ Add to sauce with snow peas.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:26.723913109821%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol:

0.84mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 387.69kcal (19.38%), Fat: 27.4g (42.15%), Saturated Fat: 14.94g (93.4%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 13.24g (4.81%), Sugar: 7.78g (8.64%), Cholesterol: 339.86mg (113.29%), Sodium: 814.8mg (35.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin K: 97.08µg (92.46%), Vitamin C: 62.72mg (76.03%), Vitamin A: 2919.08IU (58.38%), Selenium: 27.28µg (38.97%), Vitamin B2: 0.57mg (33.79%), Phosphorus: 319.33mg (31.93%), Folate: 117.24µg (29.31%), Manganese: 0.53mg (26.57%), Iron: 4.25mg (23.6%), Fiber: 5g (19.99%), Vitamin B6: 0.4mg (19.92%), Calcium: 198.63mg (19.86%), Vitamin B1: 0.28mg (18.41%), Vitamin B5: 1.83mg (18.29%), Vitamin D: 2.24µg (14.96%), Vitamin B12: 0.85µg (14.17%), Zinc: 2.1mg (14%), Potassium: 489.6mg (13.99%), Magnesium: 55.12mg (13.78%), Copper: 0.26mg (13.01%), Vitamin E: 1.87mg (12.44%), Vitamin B3: 2.16mg (10.79%)