



WHATSheATE



## Wagon-Wheel Pasta & Goat Cheese



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons crème fraîche sour (or cream)
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 4 ounces goat cheese cut into small chunks
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 ounce lima beans \*soaked overnight frozen
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion sliced

- ☐ 0.5 pound frangelico or any short) pasta
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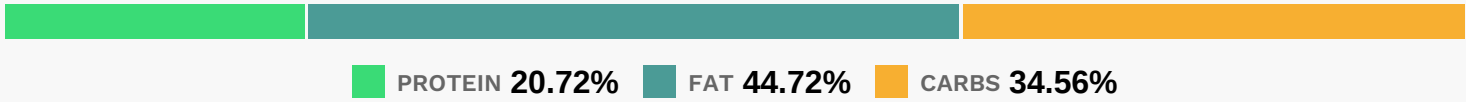
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil, then add the pasta.
- ☐ After 5 minutes, add the lima beans.
- ☐ Meanwhile, heat the olive oil in a skillet over medium heat.
- ☐ Add the onion and cook until browned, about 7 minutes.
- ☐ When the pasta is ready, drain it with the beans (reserving 1/2 cup of the liquid), then return the pasta and beans to the pot along with the onion, crème fraîche, thyme (if using), salt, pepper, goat cheese, and the reserved water. Toss together and serve.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:3.97, Inflammation Score:-9, Nutrition Score:9.9113043235696%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 216.25kcal (10.81%), Fat: 10.98g (16.89%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 13.21g (4.8%), Sugar: 4.1g (4.56%), Cholesterol: 16.58mg (5.53%), Sodium: 400.04mg (17.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Manganese: 0.49mg (24.49%), Fiber: 5.88g (23.5%), Copper: 0.4mg (20.07%), Folate: 70.52µg (17.63%), Phosphorus: 168.73mg (16.87%), Iron: 2.66mg (14.75%),

Potassium: 442.07mg (12.63%), Vitamin B6: 0.24mg (11.94%), Magnesium: 42.38mg (10.6%), Vitamin B2: 0.18mg (10.32%), Vitamin B1: 0.15mg (10.23%), Vitamin A: 414.81IU (8.3%), Calcium: 74.28mg (7.43%), Zinc: 1.05mg (7.01%), Vitamin C: 5.63mg (6.83%), Selenium: 4.4µg (6.28%), Vitamin B5: 0.57mg (5.67%), Vitamin E: 0.71mg (4.76%), Vitamin K: 4.48µg (4.27%), Vitamin B3: 0.5mg (2.51%), Vitamin B12: 0.07µg (1.11%)