



Whole-Wheat Pasta with Edamame, Arugula, and Herbs

READY IN



36 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby arugula loosely packed
- ☐ 1 tablespoon butter
- ☐ 2 cups edamame green frozen shelled thawed (soybeans)
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmesan fresh shaved
- ☐ 8 ounces penne pasta whole-wheat (tube-shaped uncooked)

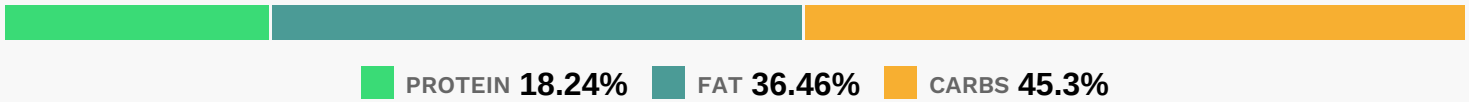
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Heat oil and butter in a large skillet over medium heat.
- ☐ Add edamame to pan; cook 2 minutes or until edamame is thoroughly heated, stirring occasionally.
- ☐ Combine pasta and edamame in a large bowl. Stir in arugula and next 6 ingredients (through salt), tossing well.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:12.681304469057%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 437.94kcal (21.9%), Fat: 17.63g (27.13%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 41.17g (14.97%), Sugar: 4.91g (5.46%), Cholesterol: 17.16mg (5.72%), Sodium: 547.44mg (23.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.71%), Vitamin K: 86.27µg (82.16%), Fiber: 8.12g (32.5%), Calcium: 265.47mg (26.55%), Vitamin C: 20.56mg (24.93%), Vitamin A: 1224.84IU (24.5%), Iron: 3mg (16.67%), Potassium: 524.76mg (14.99%), Phosphorus: 119.44mg (11.94%), Vitamin E: 1.43mg (9.52%), Folate: 26.94µg (6.74%), Manganese: 0.13mg (6.66%), Magnesium: 21.66mg (5.42%), Selenium: 3.28µg (4.68%), Vitamin B2: 0.08mg (4.66%), Zinc: 0.6mg (3.97%), Vitamin B6: 0.07mg (3.45%), Vitamin B12: 0.18µg (2.93%), Copper: 0.06mg (2.89%), Vitamin B1: 0.03mg (2.14%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.19mg (1.9%)