



## Asparagus and Ramp Pesto Mac n Cheese

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1.5 pounds asparagus cleaned trimmed
- ☐ 4 tablespoons butter
- ☐ 4 tablespoons flour
- ☐ 1 tablespoon grainy mustard
- ☐ 1 pound soup noodles
- ☐ 0.5 cup ramp pesto
- ☐ 6 servings salt and pepper to taste
- ☐ 4 cups water

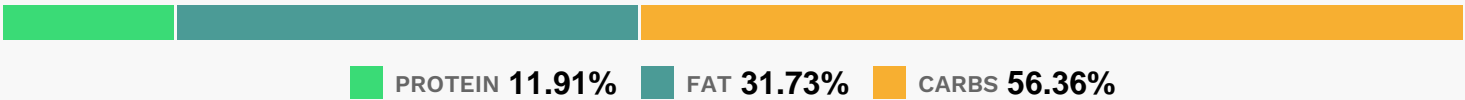
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Bring the water and reserved asparagus stems to a boil, reduce the heat and simmer for five minutes then remove the stems from the water.
- ☐ Add the asparagus to the water and simmer until just tender, about 2 minutes.
- ☐ Remove the asparagus from the water and set aside, reserving 2 cup of the water. Start cooking the pasta as directed on the package. Melt the butter in a saucepan over medium heat until it is bubbling and it has turned a light golden brown.
- ☐ Mix in the flour and let simmer until it returns to a light golden brown.
- ☐ Mix in the reserved asparagus water and cheese and heat until the sauce has thickened and the cheese has melted. Season with salt and pepper, remove from heat and mix in the mustard, ramp pesto, and asparagus and pour the mixture into a baking dish.
- ☐ Sprinkle the remaining cheese on top and bake in a preheated 350F oven until golden brown on the top and bubbling on the sides, about 30–40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:26.11, Inflammation Score:-8, Nutrition Score:18.866521576177%

## Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

## Nutrients (% of daily need)

Calories: 469.78kcal (23.49%), Fat: 16.63g (25.58%), Saturated Fat: 6.39g (39.93%), Carbohydrates: 66.46g (22.15%), Net Carbohydrates: 61.08g (22.21%), Sugar: 4.87g (5.41%), Cholesterol: 21.72mg (7.24%), Sodium:

489.33mg (21.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.09%), Selenium: 53.03µg (75.75%), Manganese: 0.92mg (45.87%), Vitamin K: 47.96µg (45.67%), Vitamin A: 1508.94IU (30.18%), Copper: 0.47mg (23.36%), Fiber: 5.37g (21.49%), Phosphorus: 212.19mg (21.22%), Iron: 3.8mg (21.14%), Folate: 82.18µg (20.54%), Vitamin B1: 0.27mg (18.31%), Magnesium: 60.01mg (15%), Vitamin B2: 0.23mg (13.81%), Vitamin B3: 2.71mg (13.54%), Potassium: 409.03mg (11.69%), Zinc: 1.75mg (11.69%), Vitamin B6: 0.21mg (10.74%), Vitamin E: 1.59mg (10.62%), Calcium: 85.78mg (8.58%), Vitamin C: 6.36mg (7.71%), Vitamin B5: 0.68mg (6.76%)