



 **34%**
HEALTH SCORE

Asparagus Angel Hair Pasta

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce angel hair pasta
- 1 pound asparagus fresh trimmed chopped
- 2 avocado pitted peeled mashed
- 8 servings pepper black freshly ground to taste
- 14.5 ounce chicken broth canned
- 1 teaspoon dill dried
- 0.3 cup olive oil extra virgin divided
- 2 cloves garlic minced

- 0.5 teaspoon garlic powder
- 2 cups grape tomatoes halved
- 0.5 juice of lime juiced
- 1 cup queso asadero shredded white (Mexican cheese)

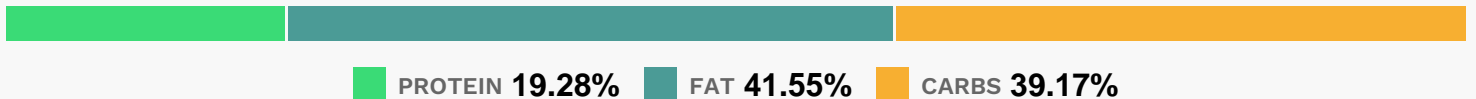
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add angel hair pasta, cook for 5 to 6 minutes, until al dente; drain and toss with 1 tablespoon of olive oil to prevent stickiness.,
- Heat the remaining 3 tablespoons olive oil in a skillet over medium heat, and cook the garlic for 1 to 2 minutes.
- Add the asparagus and tomatoes, stirring to coat.
- Pour in the broth, and continue cooking uncovered 10 minutes, or until the asparagus is tender, but still bright green.
- Place the pasta in a large bowl, and toss with the asparagus and tomato mixture. Season with dill and pepper. In a separate bowl, mix the avocados, lime juice, and garlic powder together until blended.
- Serve pasta with a dollop of the avocado mixture, and top with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:18.18, Inflammation Score:-8, Nutrition Score:22.106086765942%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 547.92kcal (27.4%), Fat: 25.52g (39.27%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 47.14g (17.14%), Sugar: 5.92g (6.57%), Cholesterol: 47.87mg (15.96%), Sodium: 742.69mg (32.29%), Alcohol: 0g (100%), Protein: 26.64g (53.29%), Selenium: 46.95µg (67.07%), Phosphorus: 491.72mg (49.17%), Vitamin K: 42.57µg (40.55%), Manganese: 0.76mg (37.79%), Fiber: 6.99g (27.96%), Vitamin A: 1104.05IU (22.08%), Zinc: 3.28mg (21.88%), Folate: 87.32µg (21.83%), Potassium: 735.53mg (21.02%), Copper: 0.42mg (20.99%), Vitamin E: 3.09mg (20.59%), Vitamin B6: 0.4mg (20.21%), Vitamin B3: 3.86mg (19.31%), Vitamin B2: 0.31mg (18.27%), Iron: 3.19mg (17.69%), Vitamin C: 14.28mg (17.31%), Magnesium: 67.64mg (16.91%), Calcium: 153.14mg (15.31%), Vitamin B1: 0.18mg (12.2%), Vitamin B5: 1.14mg (11.4%), Vitamin B12: 0.51µg (8.56%)