



Asparagus-Goat Cheese Pasta

READY IN



30 min.

SERVINGS



30

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus
- ☐ 1 tablespoon butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 ounces goat cheese
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 pound pasta like spaghetti thin

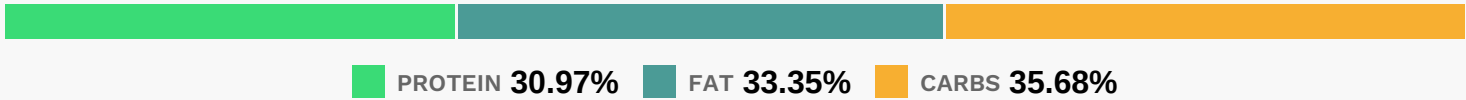
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat a large pan of lightly salted water to boiling over high heat. Peel the asparagus stalks and trim the ends.
- ☐ Cut the stalks into 2-inch pieces. Blanch in boiling water 3 minutes or until bright green and crisp-tender when tested with a small knife. With a slotted spoon, remove the asparagus and rinse under cold water to stop the cooking.
- ☐ Add the spaghetti to the boiling water and cook according to the label directions until al dente.
- ☐ Drain.
- ☐ Meanwhile, in a medium saucepan over medium-high heat, melt the butter. Blend in the flour with a whisk. add the broth and cook for 2 minutes, stirring constantly, until the sauce thickens. Blend in the goat cheese and the lemon peel.
- ☐ Toss the spaghetti with the asparagus, sauce and half the Parmesan.
- ☐ Serve with the remaining Parmesan and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:2.63, Inflammation Score:-2, Nutrition Score:3.4065217608991%

Flavonoids

Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 78.61kcal (3.93%), Fat: 2.89g (4.44%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.37g (2.32%), Sugar: 0.53g (0.58%), Cholesterol: 11.04mg (3.68%), Sodium: 112.89mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Selenium: 8.51µg (12.16%), Vitamin K: 6.74µg (6.42%), Phosphorus: 64.02mg (6.4%), Manganese: 0.1mg (5.09%), Copper: 0.09mg (4.32%), Zinc: 0.64mg (4.28%), Vitamin A: 203.72IU (4.07%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.65mg (3.26%), Vitamin B6: 0.06mg (3.08%), Vitamin B12: 0.17µg (2.79%), Folate: 10.99µg (2.75%), Calcium: 27.44mg (2.74%), Magnesium: 10.04mg (2.51%), Vitamin B1: 0.04mg (2.37%), Fiber: 0.58g (2.32%), Potassium: 73.17mg (2.09%), Vitamin E: 0.25mg (1.66%), Vitamin C: 0.93mg (1.13%), Vitamin B5: 0.11mg (1.08%)