



Asparagus Ham Fettuccine

READY IN



20 min.

SERVINGS



2

CALORIES



869 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound asparagus fresh trimmed cut into 1/2-inch pieces
- 0.5 pound finely-chopped ham julienned fully cooked
- 4 ounces fettuccine barilla uncooked
- 2 tablespoons rubbed sage fresh minced
- 1 spring onion chopped
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 4 ounces cheddar cheese shredded
- 0.3 cup walnut pieces chopped

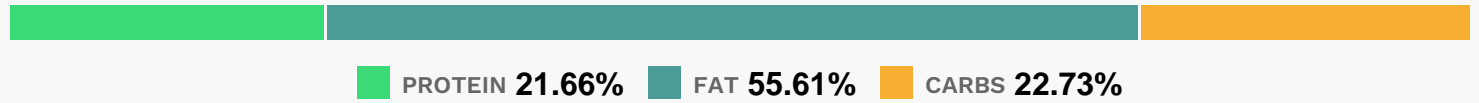
Equipment

- frying pan
- sauce pan

Directions

- Cook the fettuccine according to package directions. Meanwhile, in a large saucepan, bring 4 cups water to a boil; add asparagus. Cover and cook for 3 minutes.
- Drain and immediately place in ice water; drain and set aside.
- In a skillet, saute the ham, walnuts, onion, sage and pepper in oil until onion is tender.
- Add asparagus; cook and stir for 1 minute.
- Drain fettuccine; toss with ham mixture.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:18.3, Inflammation Score:-9, Nutrition Score:42.136521733325%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg, Quercetin: 16.49mg

Nutrients (% of daily need)

Calories: 868.95kcal (43.45%), Fat: 54.38g (83.66%), Saturated Fat: 16.5g (103.15%), Carbohydrates: 50.01g (16.67%), Net Carbohydrates: 43.75g (15.91%), Sugar: 3.94g (4.38%), Cholesterol: 187.11mg (62.37%), Sodium: 1696.54mg (73.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.34%), Selenium: 86.62µg (123.75%), Vitamin K: 104.76µg (99.77%), Phosphorus: 841.45mg (84.15%), Manganese: 1.33mg (66.32%), Vitamin B1: 0.94mg (62.97%), Calcium: 507.67mg (50.77%), Zinc: 6.88mg (45.89%), Vitamin B2: 0.76mg (44.99%), Vitamin C: 34.74mg (42.11%), Vitamin B12: 2.36µg (39.41%), Copper: 0.79mg (39.33%), Vitamin B6: 0.69mg (34.59%), Vitamin

B3: 6.67mg (33.35%), Vitamin A: 1642.68IU (32.85%), Iron: 5.74mg (31.88%), Magnesium: 121.18mg (30.29%), Folate: 114.41µg (28.6%), Vitamin E: 4.22mg (28.13%), Fiber: 6.26g (25.03%), Potassium: 835.64mg (23.88%), Vitamin B5: 2.14mg (21.43%), Vitamin D: 0.51µg (3.4%)