



Asparagus Linguine

READY IN



25 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces pasta uncooked
- 1 small onion chopped
- 2 garlic clove minced
- 1 tablespoon olive oil
- 2 teaspoons butter
- 0.5 pound asparagus fresh trimmed cut into 1/2-inch pieces
- 2 tablespoons chicken broth
- 2 tablespoons parmesan cheese grated
- 1 tablespoon juice of lemon

- 0.3 teaspoon salt
- 0.1 teaspoon pepper

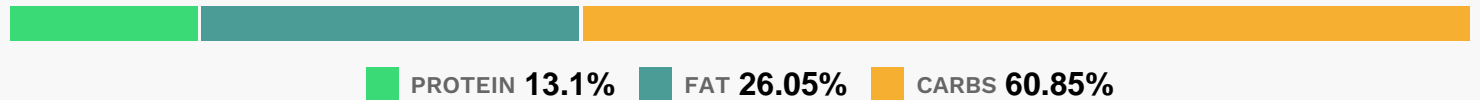
Equipment

- frying pan

Directions

- Cook linguine according to package directions. Meanwhile, in a nonstick skillet, saute the onion and garlic in oil and butter until tender.
- Add asparagus; cook and stir for 2 minutes or until crisp-tender.
- Add wine or broth; cook and stir for 1-2 minutes or until liquid is reduced.
- Remove from the heat.
- Drain linguine; add to asparagus mixture.
- Add remaining ingredients; toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:13.6, Inflammation Score:-6, Nutrition Score:10.529130397284%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg, Isorhamnetin: 4.11mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

Nutrients (% of daily need)

Calories: 239.16kcal (11.96%), Fat: 6.99g (10.75%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 33.82g (12.3%), Sugar: 3.09g (3.43%), Cholesterol: 7.7mg (2.57%), Sodium: 237.75mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Selenium: 29.42µg (42.02%), Manganese:

0.54mg (27.08%), Vitamin K: 26.15µg (24.91%), Phosphorus: 134.37mg (13.44%), Copper: 0.25mg (12.25%), Fiber: 2.91g (11.63%), Iron: 1.88mg (10.42%), Folate: 41.49µg (10.37%), Vitamin A: 513.95IU (10.28%), Vitamin B1: 0.13mg (8.92%), Vitamin E: 1.28mg (8.51%), Magnesium: 33.94mg (8.48%), Vitamin B6: 0.16mg (7.78%), Vitamin C: 6.39mg (7.74%), Vitamin B2: 0.13mg (7.44%), Potassium: 252.23mg (7.21%), Zinc: 1.07mg (7.14%), Vitamin B3: 1.33mg (6.66%), Calcium: 52.9mg (5.29%), Vitamin B5: 0.39mg (3.86%)