



Asparagus Pasta

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb asparagus spears fresh trimmed cut into 1-inch lengths
- 0.5 cup chicken broth
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 0.3 cup oil-packed sun-dried tomatoes cut into strips
- 0.5 cup orange pepper strips halved
- 1 Tbsp oregano fresh chopped
- 0.3 cup whipping cream

Equipment

- frying pan
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding asparagus to the boiling water for the last 2 min.; drain.
- Meanwhile, cook peppers and tomatoes in large skillet on medium-high heat 2 to 3 min. or until peppers are crisp-tender, stirring frequently.
- Add pasta mixture, broth, cream and oregano to skillet; mix well. Cook and stir 5 min. or until sauce is slightly thickened. Top with cheese; cook 2 to 3 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:10.8, Inflammation Score:-10, Nutrition Score:18.649565328722%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 302.09kcal (15.1%), Fat: 13.33g (20.51%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 29.04g (10.56%), Sugar: 6.91g (7.68%), Cholesterol: 23mg (7.67%), Sodium: 178.68mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.57%), Vitamin K: 59.32µg (56.49%), Vitamin C: 33mg (40%), Vitamin A: 1741.04IU (34.82%), Manganese: 0.68mg (33.9%), Selenium: 22.58µg (32.26%), Iron: 4.02mg (22.32%), Copper: 0.42mg (20.79%), Fiber: 5.11g (20.44%), Folate: 81.17µg (20.29%), Potassium: 606.24mg (17.32%), Vitamin B1: 0.25mg (16.46%), Vitamin B2: 0.28mg (16.43%), Phosphorus: 156.64mg (15.66%), Vitamin E: 1.99mg (13.24%), Magnesium: 52.06mg (13.01%), Calcium: 129.34mg (12.93%), Vitamin B3: 2.56mg (12.78%), Vitamin B6: 0.24mg (12.05%), Zinc: 1.31mg (8.72%), Vitamin B5: 0.69mg (6.95%), Vitamin D: 0.24µg (1.59%)