



 **100%**
HEALTH SCORE

Asparagus Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus thin
- 0.5 pound bow tie pasta cooled cooked
- 2 endive cored thinly sliced
- 0.3 cup flat-leaf parsley chopped
- 0.3 cup olive oil extra-virgin
- 0.5 cup peas green frozen
- 0.5 small bell pepper red chopped
- 4 servings salt and pepper black freshly ground

- 1 small shallot or finely chopped
- 3 tablespoons citrus champagne vinegar

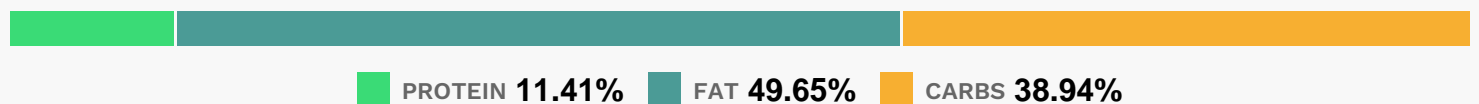
Equipment

- bowl
- frying pan
- whisk
- stove
- microwave

Directions

- Heat shallot and oil in microwave safe covered dish for 30 seconds or in a small pan on the stovetop over medium low heat for 5 minutes. Allow oil to cool back to room temperature.
- Hold a spear of asparagus at each end and snap it. The spear breaks where the tender tops meet the tough bottoms. Line the broken spear up with the bundle of cleaned asparagus.
- Cut the spears using the guideline of the snapped spear. Par boil the asparagus tops in 1 inch simmering water covered for 3 to 5 minutes. Cool under cold running water and drain.
- Cut asparagus into 1-inch pieces on an angle and add to a bowl.
- Combine chopped, cooked asparagus with shredded endive, red bell pepper, cooked pasta, green peas and chopped parsley. The peas will defrost as you toss salad.
- Pour vinegar into a small bowl and whisk in cooled shallot oil.
- Pour dressing over salad and toss. Season salad with salt and pepper, to your taste and toss again.

Nutrition Facts



Properties

Glycemic Index:73.96, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:34.720434810804%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 24.36mg, Kaempferol: 24.36mg, Kaempferol: 24.36mg, Kaempferol: 24.36mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 334.96kcal (16.75%), Fat: 19.25g (29.62%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 22.03g (8.01%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 57.74mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin K: 644.42µg (613.73%), Vitamin A: 6478.01IU (129.56%), Folate: 406.31µg (101.58%), Manganese: 1.43mg (71.68%), Vitamin C: 45.61mg (55.28%), Fiber: 11.95g (47.81%), Vitamin E: 5.1mg (33.99%), Iron: 5.79mg (32.19%), Potassium: 1071.8mg (30.62%), Vitamin B1: 0.41mg (27.59%), Copper: 0.54mg (27.04%), Selenium: 18.45µg (26.35%), Vitamin B5: 2.48mg (24.82%), Vitamin B2: 0.38mg (22.17%), Zinc: 3mg (19.98%), Phosphorus: 183.82mg (18.38%), Magnesium: 70.73mg (17.68%), Calcium: 162.15mg (16.21%), Vitamin B3: 2.77mg (13.84%), Vitamin B6: 0.26mg (12.94%)