



WHATSheATE



Asparagus Pasta With Toasted Pecans

READY IN



25 min.

SERVINGS



6

CALORIES



673 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parmesan cheese shredded divided
- ☐ 6 servings garnishes: parmesan cheese freshly grated freshly ground
- ☐ 1 cup pecan halves divided toasted

- ☐ 16 ounce penne pasta
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 cup bell pepper red seeded chopped
- ☐ 1 teaspoon salt

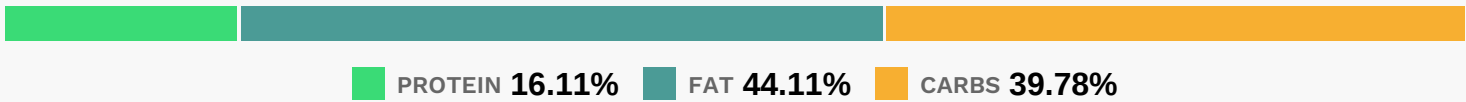
Equipment

- ☐ frying pan

Directions

- ☐ Prepare pasta according to package directions; rinse and drain.
- ☐ Snap off tough ends of asparagus, and cut into 2-inch pieces.
- ☐ Saut asparagus in hot oil in a large skillet over medium heat 4 minutes. Stir in red bell pepper and garlic; cook, stirring occasionally, 2 minutes. Stir in chicken broth. Bring to a boil. Reduce heat, and simmer 2 minutes or until asparagus is crisp-tender. Stir in salt and pepper.
- ☐ Toss together pasta, asparagus mixture, basil, 1/2 cup cheese, butter, and 1/2 cup pecans.
- ☐ Sprinkle evenly with remaining 1/4 cup cheese and 1/2 cup pecans.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:23.69, Inflammation Score:-9, Nutrition Score:28.12956523377%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 673.39kcal (33.67%), Fat: 33.5g (51.54%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 67.97g (22.66%), Net Carbohydrates: 61.9g (22.51%), Sugar: 5.07g (5.63%), Cholesterol: 44.63mg (14.88%), Sodium: 1161.82mg (50.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.05%), Selenium: 63.72µg (91.03%), Manganese: 1.66mg (83%), Phosphorus: 525.47mg (52.55%), Calcium: 467.97mg (46.8%), Vitamin K: 41.32µg (39.35%), Vitamin C: 28.85mg (34.97%), Vitamin A: 1691.44IU (33.83%), Copper: 0.61mg (30.45%), Zinc: 3.98mg (26.54%), Fiber: 6.07g (24.27%), Magnesium: 90.61mg (22.65%), Vitamin B1: 0.31mg (20.77%), Vitamin B2: 0.35mg (20.6%), Iron: 3.52mg (19.55%), Folate: 68.68µg (17.17%), Vitamin E: 2.43mg (16.23%), Vitamin B6: 0.32mg (16.17%), Potassium: 540.53mg (15.44%), Vitamin B3: 3.02mg (15.09%), Vitamin B12: 0.6µg (10.04%), Vitamin B5: 0.91mg (9.06%), Vitamin D: 0.21µg (1.42%)