



Asparagus Pesto Fettuccine

READY IN



45 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds asparagus
- 1 pound fettuccine barilla fresh
- 0.3 cup basil leaves fresh coarsely chopped
- 3 cloves garlic
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil extra-virgin
- 4 servings parmesan cheese grated
- 4 servings salt and pepper

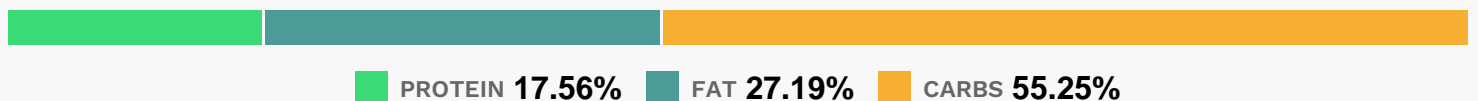
Equipment

- food processor
- bowl
- frying pan
- blender
- tongs
- colander

Directions

- In a 5- to 6-quart pan, bring about 3 quarts water to a boil over high heat. Snap off and discard tough ends of asparagus.
- Add asparagus to boiling water. Cook, uncovered, until just barely tender to bite, 4 to 5 minutes. With tongs, lift out asparagus and drain; cool slightly.
- In a blender or food processor, combine lemon juice, oil, garlic, and basil. Return water in pan to a boil.
- Add fettuccine. Cook, uncovered, until barely tender to bite, about 3 minutes.
- Meanwhile, diagonally trim off top 3 to 4 inches of asparagus spears.
- Place asparagus tips in a colander. Coarsely chop stems and add to blender along with 6 tablespoons hot water from pasta pan. Whirl until smooth.
- Drain pasta into colander containing asparagus tips.
- Transfer tips and pasta to serving bowl.
- Pour asparagus pure over pasta and mix.
- Add salt, pepper, and cheese to taste.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:35.43, Inflammation Score:-9, Nutrition Score:36.648260676343%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg, Quercetin: 31.79mg

Nutrients (% of daily need)

Calories: 675.16kcal (33.76%), Fat: 20.75g (31.93%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 94.9g (31.63%), Net Carbohydrates: 86.29g (31.38%), Sugar: 6.73g (7.47%), Cholesterol: 121.35mg (40.45%), Sodium: 747.83mg (32.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.31%), Selenium: 105.41µg (150.59%), Vitamin K: 105.9µg (100.86%), Manganese: 1.41mg (70.5%), Phosphorus: 586.61mg (58.66%), Vitamin A: 2124.39IU (42.49%), Iron: 7.28mg (40.44%), Copper: 0.79mg (39.59%), Folate: 155.96µg (38.99%), Calcium: 366.91mg (36.69%), Vitamin B1: 0.53mg (35.53%), Fiber: 8.61g (34.44%), Zinc: 4.75mg (31.64%), Vitamin B2: 0.53mg (31.21%), Vitamin E: 4.17mg (27.83%), Magnesium: 110.22mg (27.56%), Vitamin B6: 0.51mg (25.55%), Vitamin B3: 4.66mg (23.31%), Potassium: 815.16mg (23.29%), Vitamin C: 18.03mg (21.85%), Vitamin B5: 1.78mg (17.84%), Vitamin B12: 0.73µg (12.23%), Vitamin D: 0.49µg (3.27%)