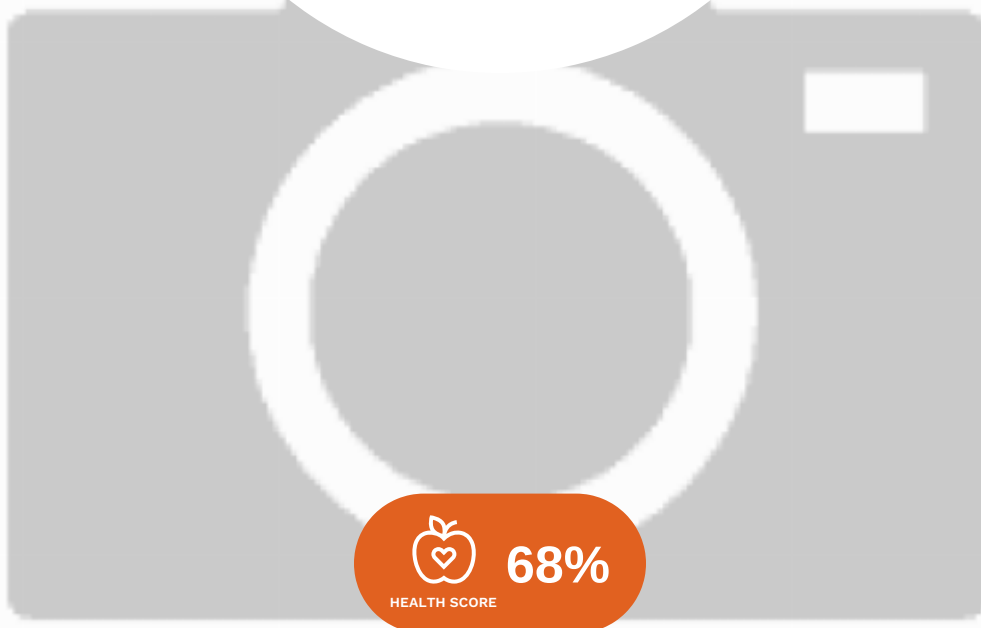




Asparagus Portobello Pasta

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce olives black sliced canned
- ☐ 30 ounce asparagus canned
- ☐ 8 ounce peas drained canned
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 pound fettuccini pasta
- ☐ 3 large portabello mushrooms sliced

☐

6 ounce tomato paste canned

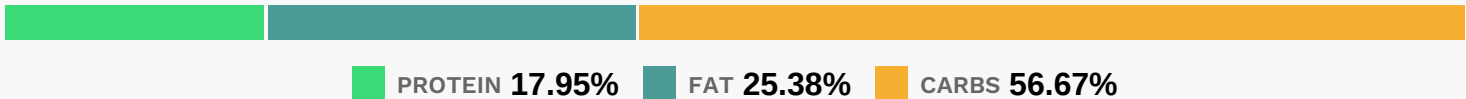
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Fill a large pot with water and the drained liquids of the asparagus and the olives; bring to a boil. Cook pasta for 8 to 10 minutes, or until al dente.
- ☐ Drain.
- ☐ Meanwhile, heat oil in a large skillet over medium heat.
- ☐ Saute mushrooms, peas, and Italian seasoning until mushrooms are tender.
- ☐ In a blender or food processor, puree asparagus, black olives, tomato paste and Parmesan.
- ☐ Transfer to a small saucepan, and heat through over medium-low heat. Spoon asparagus sauce over fettuccini, and top with mushrooms and peas.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:17.9, Inflammation Score:-10, Nutrition Score:35.095652305562%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 420.44kcal (21.02%), Fat: 12.33g (18.97%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 52.3g (19.02%), Sugar: 9.16g (10.18%), Cholesterol: 10.88mg (3.63%), Sodium: 1248.16mg (54.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Vitamin K: 110.62µg (105.35%), Selenium: 56.72µg (81.03%), Folate: 244.07µg (61.02%), Manganese: 1.18mg (59.14%), Vitamin A:

2893.91IU (57.88%), Vitamin C: 43.65mg (52.91%), Phosphorus: 397.32mg (39.73%), Fiber: 9.67g (38.66%), Iron: 6.63mg (36.83%), Copper: 0.71mg (35.63%), Vitamin B3: 7mg (35.01%), Vitamin E: 4.57mg (30.47%), Potassium: 948.5mg (27.1%), Vitamin B6: 0.53mg (26.69%), Vitamin B2: 0.41mg (24.34%), Calcium: 208.41mg (20.84%), Zinc: 3.08mg (20.54%), Magnesium: 79.42mg (19.85%), Vitamin B1: 0.3mg (19.7%), Vitamin B5: 1.48mg (14.81%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.25µg (1.68%)