



## Cavatappi Salad with Roast Lamb

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 cups asparagus (1-inch) ( 1 pound)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces pasta uncooked
- ☐ 1 cup celery thinly sliced
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 3 tablespoons basil fresh chopped
- ☐ 6 ounces simple roasted leg of lamb shredded
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 bell peppers red

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sherry vinegar

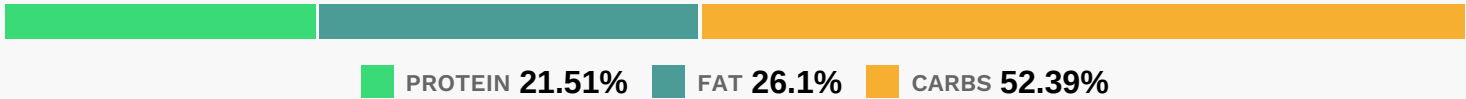
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and chop.
- ☐ Cook pasta in boiling water 8 minutes or until al dente.
- ☐ Drain and rinse under cold water; drain.
- ☐ Place pasta in a large bowl.
- ☐ Drizzle with vinegar and oil; toss well to coat.
- ☐ Steam asparagus 3 minutes or until crisp-tender. Rinse under cold water, and drain.
- ☐ Add asparagus, roasted bell peppers, Simple Roasted Leg of Lamb, and remaining ingredients to pasta; toss well to combine. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:12.4, Inflammation Score:-9, Nutrition Score:19.082173826902%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 259.01kcal (12.95%), Fat: 7.55g (11.62%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 30.36g (11.04%), Sugar: 4.24g (4.71%), Cholesterol: 17.86mg (5.95%), Sodium: 375.64mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.01%), Vitamin C: 55.26mg (66.99%), Selenium: 31.87µg (45.53%), Vitamin K: 41.34µg (39.37%), Vitamin A: 1951.07IU (39.02%), Manganese: 0.55mg (27.32%), Phosphorus: 221.98mg (22.2%), Folate: 71.41µg (17.85%), Fiber: 3.76g (15.02%), Calcium: 149.23mg (14.92%), Iron: 2.63mg (14.59%), Vitamin B3: 2.89mg (14.44%), Vitamin B6: 0.28mg (14.16%), Copper: 0.28mg (13.99%), Vitamin B2: 0.24mg (13.96%), Vitamin E: 2.04mg (13.63%), Zinc: 1.97mg (13.16%), Vitamin B1: 0.18mg (12.26%), Potassium: 414.46mg (11.84%), Magnesium: 46.09mg (11.52%), Vitamin B12: 0.6µg (9.93%), Vitamin B5: 0.69mg (6.88%)