



Cheese Curd, Asparagus, and Prosciutto Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



563 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus ends trimmed cut into 1-inch pieces
- ☐ 0.3 pound cheese curds fresh (or mozzarella)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 pound rotini pasta (or other small shaped pasta)
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon lemon zest
- ☐ 1 Handful mint leaves fresh chopped
- ☐ 0.3 pound pancetta thinly sliced

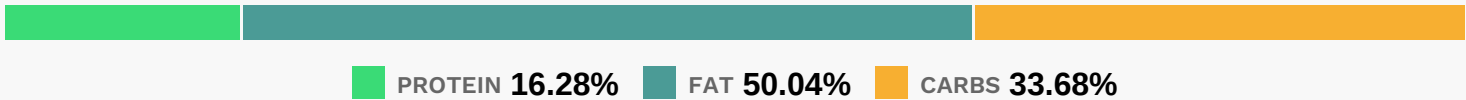
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of salted water to boil over high heat. Meanwhile, whisk together olive oil, lemon juice, and lemon zest in a large bowl. Season with a pinch of salt and pepper. Stir in the cheese curds and mint. Set aside.
- ☐ Cook fusilli in boiling water to al dente according to directions on the packaging. With two minutes remaining, add asparagus pieces.
- ☐ Drain pasta and asparagus in a colander and immediately toss with the dressing. Season with more salt and pepper to taste.
- ☐ Serve the pasta salad with prosciutto slices added on top.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:17.68, Inflammation Score:-7, Nutrition Score:18.645652169767%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 563.34kcal (28.17%), Fat: 31.39g (48.3%), Saturated Fat: 11.71g (73.18%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 43.09g (15.67%), Sugar: 3.71g (4.12%), Cholesterol: 59.16mg (19.72%), Sodium: 436.95mg (19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.97%), Selenium: 44.16µg (63.08%), Vitamin K:

51.61µg (49.15%), Manganese: 0.73mg (36.34%), Calcium: 315.49mg (31.55%), Phosphorus: 208.02mg (20.8%), Copper: 0.4mg (19.8%), Vitamin B1: 0.29mg (19.55%), Iron: 3.39mg (18.84%), Vitamin A: 911.56IU (18.23%), Fiber: 4.46g (17.84%), Folate: 70.52µg (17.63%), Vitamin E: 2.48mg (16.52%), Vitamin B3: 3.24mg (16.19%), Vitamin B6: 0.26mg (13.16%), Vitamin B2: 0.22mg (12.99%), Magnesium: 50.52mg (12.63%), Potassium: 421.12mg (12.03%), Zinc: 1.76mg (11.75%), Vitamin C: 8.6mg (10.43%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.14µg (2.36%)