

  
HEALTH SCORE 5%

## Creamy Asparagus Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



421 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound asparagus fresh trimmed cut into 2 inch pieces
- 2 tablespoons butter
- 1 clove garlic minced
- 1 juice of lemon juiced
- 1 pint cream light
- 1 pound soup noodles

### Equipment

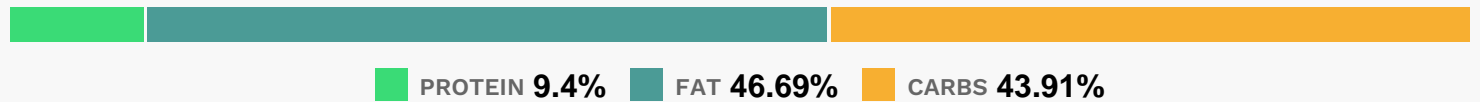
- sauce pan

pot

## Directions

- Bring a pot of water to a boil. Boil asparagus for 3 to 4 minutes; drain.
- In a large saucepan melt butter over medium heat.
- Saute garlic and asparagus for 3 to 4 minutes. Stir in the cream and simmer for 10 minutes.
- Meanwhile, bring a large pot of water to a boil.
- Add linguine and cook for 8 to 10 minutes or until al dente; drain and transfer to a serving dish.
- Stir lemon juice into asparagus mixture; pour mixture over pasta.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:17.38, Inflammation Score:-7, Nutrition Score:12.707391355349%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

## Nutrients (% of daily need)

Calories: 420.88kcal (21.04%), Fat: 22.06g (33.93%), Saturated Fat: 13.42g (83.86%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 43.65g (15.87%), Sugar: 2.75g (3.05%), Cholesterol: 73.18mg (24.39%), Sodium: 47.25mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Selenium: 37.53µg (53.61%), Manganese: 0.62mg (30.84%), Vitamin K: 25.49µg (24.28%), Vitamin A: 1115.53IU (22.31%), Phosphorus: 174.44mg (17.44%), Copper: 0.28mg (13.84%), Fiber: 3.02g (12.1%), Vitamin B2: 0.19mg (11.18%), Iron: 1.98mg (10.99%), Folate: 42.92µg (10.73%), Magnesium: 42.52mg (10.63%), Vitamin B1: 0.15mg (9.88%), Vitamin E: 1.31mg (8.74%), Potassium: 304.55mg (8.7%), Zinc: 1.26mg (8.42%), Vitamin B6: 0.16mg (7.76%), Vitamin B3: 1.55mg (7.75%), Calcium: 68.07mg (6.81%), Vitamin C: 5.1mg (6.18%), Vitamin B5: 0.56mg (5.64%), Vitamin D: 0.35µg (2.37%), Vitamin B12: 0.12µg (2.07%)