



Creamy Farfalle with Cremini, Asparagus, and Walnuts

READY IN



30 min.

SERVINGS



8

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed thin
- 3 tablespoons butter
- 1 pound cremini mushrooms sliced
- 1 pound farfalle pasta
- 1 cup mascarpone cheese
- 1 pinch nutmeg freshly grated
- 0.3 cup parmesan freshly grated
- 8 servings salt

0.8 cup walnuts toasted

Equipment

bowl

frying pan

pot

Directions

Watch how to make this recipe.

Bring a large pot of salted water to a boil.

Add the farfalle and cook until al dente, stirring occasionally, about 12 minutes.

Drain, reserving 1 cup of pasta water.

Meanwhile, melt the butter in a heavy large skillet over medium heat.

Add the mushrooms and saute until tender and most of the juices have evaporated, about 5 minutes.

Add the asparagus and saute until the asparagus is crisp-tender, about 5 minutes.

Add the farfalle. Stir in the mascarpone and nutmeg and toss until the cheese coats the pasta, adding the reserved cooking liquid 1/4 cup at a time to moisten. Stir in 1/2 cup of walnuts. Season the pasta, to taste, with salt and pepper. Mound the pasta in a large bowl.

Sprinkle with the Parmesan and remaining 1/4 cup of walnuts.

Serve.

Nutrition Facts



PROTEIN 12.15% **FAT 47.63%** **CARBS 40.22%**

Properties

Glycemic Index:30.13, Glycemic Load:17.55, Inflammation Score:-7, Nutrition Score:19.019130446341%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg,

Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 483.01kcal (24.15%), Fat: 25.9g (39.84%), Saturated Fat: 11.98g (74.87%), Carbohydrates: 49.21g (16.4%), Net Carbohydrates: 45.1g (16.4%), Sugar: 3.91g (4.34%), Cholesterol: 41.54mg (13.85%), Sodium: 301.26mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.73%), Selenium: 53.18µg (75.96%), Manganese: 1.07mg (53.46%), Copper: 0.73mg (36.57%), Phosphorus: 265.85mg (26.58%), Vitamin B2: 0.42mg (24.73%), Vitamin K: 24.36µg (23.2%), Vitamin A: 980.32IU (19.61%), Vitamin B3: 3.81mg (19.04%), Fiber: 4.1g (16.42%), Folate: 65.08µg (16.27%), Potassium: 547.97mg (15.66%), Magnesium: 62.14mg (15.53%), Vitamin B1: 0.23mg (15.02%), Zinc: 2.16mg (14.41%), Iron: 2.53mg (14.05%), Vitamin B5: 1.33mg (13.33%), Vitamin B6: 0.26mg (12.83%), Calcium: 124.45mg (12.45%), Vitamin E: 0.91mg (6.09%), Vitamin C: 3.32mg (4.03%), Vitamin B12: 0.1µg (1.72%)