



 **45%**
HEALTH SCORE

Creamy Lemon Pasta with Vegetables

READY IN



30 min.

SERVINGS



8

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds asparagus trimmed
- 2 pints cherry tomatoes halved
- 24 ounces rotini pasta
- 4 garlic clove minced
- 3 cups half and half warmed
- 4 lemon zest
- 2 optional: lemon
- 2 teaspoons olive oil
- 0.5 cup parmesan freshly grated

- 2 teaspoons pepper
- 2 teaspoons salt

Equipment

- sauce pan
- whisk
- pot
- microwave

Directions

- Warm olive oil in a large saucepan over medium heat.
- Add minced garlic and saut for 1 minute. Slowly whisk in warmed half-and-half, zest and juice from 4 lemons, salt and pepper. Bring cream mixture to boil. Reduce heat to low and simmer for 15 to 20 minutes. Bring a large pot of salted water to boil and cook pasta until al dente, according to package label directions.
- Drain pasta and return to pot.
- Pour cream mixture on pasta and cook over medium-low heat, stirring, for 3 minutes.
- Cut asparagus into 1-inch pieces and steam in microwave; fold into pasta mixture with freshly grated Parmesan and halved cherry tomatoes.
- Cut 2 lemons in half, then into 1/4-inch slices.
- Remove seeds.
- Add lemon slices to pasta and toss until all ingredients are well combined.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:26.88, Inflammation Score:-9, Nutrition Score:28.325652037626%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg, Quercetin: 17.01mg

Nutrients (% of daily need)

Calories: 524.46kcal (26.22%), Fat: 14.71g (22.64%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 80.57g (26.86%), Net Carbohydrates: 73.4g (26.69%), Sugar: 11.96g (13.29%), Cholesterol: 36.01mg (12%), Sodium: 758.33mg (32.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.27g (40.55%), Selenium: 61.63µg (88.04%), Vitamin C: 52.79mg (63.98%), Manganese: 1.18mg (59.19%), Vitamin K: 53.3µg (50.76%), Phosphorus: 390.18mg (39.02%), Vitamin A: 1816.12IU (36.32%), Copper: 0.58mg (29.17%), Fiber: 7.16g (28.65%), Iron: 4.7mg (26.13%), Vitamin B2: 0.44mg (26.12%), Calcium: 245.53mg (24.55%), Potassium: 856.99mg (24.49%), Folate: 96.3µg (24.08%), Magnesium: 87.28mg (21.82%), Vitamin B1: 0.33mg (21.81%), Vitamin B6: 0.42mg (20.76%), Zinc: 2.55mg (17.01%), Vitamin B3: 3.36mg (16.78%), Vitamin E: 2.48mg (16.51%), Vitamin B5: 1.2mg (11.97%), Vitamin B12: 0.25µg (4.12%)