



Creamy Macaroni with Asparagus Without the Cream

READY IN



30 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds asparagus fresh trimmed cut into 1 inch pieces
- ☐ 0.8 pound ditalini pasta
- ☐ 3 eggs beaten
- ☐ 3 tablespoons parsley fresh chopped for garnish
- ☐ 1 large clove garlic crushed
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup romano cheese grated locatelli®
- ☐ 6 servings salt and pepper to taste

☐ 4 cups water boiling or as needed

Equipment

☐ bowl

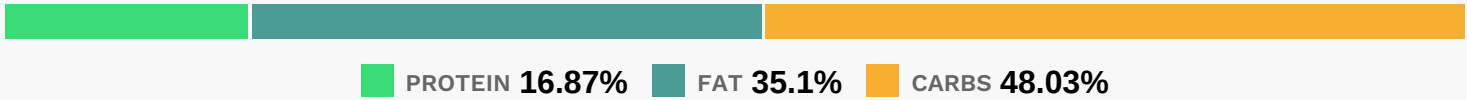
☐ sauce pan

☐ pot

Directions

- ☐ Heat olive oil in a large saucepan over medium heat, and cook and stir the garlic until just beginning to turn golden, about 2 minutes. Stir in the asparagus, and cook and stir until the pieces are bright green, about 2 more minutes. Stir in the pasta, tossing to coat with oil, and sprinkle with salt and pepper.
- ☐ Pour boiling water into the saucepan, and bring back to a boil. This recipe should be as dry as possible. Stir the pasta mixture frequently to prevent sticking, and cook the pasta until tender but still firm to the bite, about 10 minutes.
- ☐ Remove the pot from the heat. If there is excess liquid, drain from the pasta.
- ☐ Stir the eggs, grated Romano cheese, and parsley together in a bowl.
- ☐ Pour into the pasta mixture, stirring and pouring simultaneously until the eggs cook with the heat of the pasta.
- ☐ Sprinkle with additional parsley leaves, and serve.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:21.13782625613%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 393.89kcal (19.69%), Fat: 15.47g (23.8%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 47.64g (15.88%), Net Carbohydrates: 43.37g (15.77%), Sugar: 3.84g (4.27%), Cholesterol: 94.84mg (31.61%), Sodium: 389.97mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.45%), Vitamin K: 85.8µg (81.71%), Selenium: 47.08µg (67.26%), Manganese: 0.72mg (35.99%), Phosphorus: 306.61mg (30.66%), Vitamin A: 1196.49IU (23.93%), Copper: 0.43mg (21.38%), Iron: 3.83mg (21.28%), Folate: 83.44µg (20.86%), Vitamin B2: 0.34mg (20.19%), Vitamin E: 2.91mg (19.43%), Calcium: 193.05mg (19.3%), Fiber: 4.27g (17.09%), Vitamin B1: 0.23mg (15.29%), Magnesium: 56.4mg (14.1%), Zinc: 2.06mg (13.74%), Vitamin B6: 0.24mg (11.99%), Potassium: 409.83mg (11.71%), Vitamin C: 9.17mg (11.11%), Vitamin B3: 2.13mg (10.64%), Vitamin B5: 0.96mg (9.56%), Vitamin B12: 0.34µg (5.6%), Vitamin D: 0.5µg (3.35%)