



WHATSheATE



HEALTH SCORE

65%

Creamy pasta with asparagus & peas



Very Healthy



Popular

READY IN



17 min.

SERVINGS



2

CALORIES



771 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



250 g soup noodles



300 g asparagus cut into lengths



175 g pea-mond dressing frozen



0.5 lemon zest



100 g cheese with chives soft

Equipment

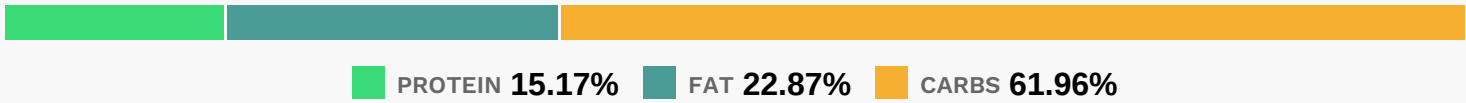


frying pan

Directions

- ☐ Cook the pasta following the pack instructions. Two minutes before the end of the cooking time, add the asparagus and peas. Boil everything together for the final 2 mins, then scoop out and reserve a cup of the cooking liquid from the pan before draining the pasta and veg.
- ☐ Return the pasta and veg to the pan and add the lemon zest, soft cheese and seasoning.
- ☐ Add a squeeze of lemon juice to taste and stir in 2–3 tbsp of the cooking liquid to loosen the sauce.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:44.24, Inflammation Score:-9, Nutrition Score:34.652174084083%

Flavonoids

Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg

Nutrients (% of daily need)

Calories: 770.96kcal (38.55%), Fat: 19.74g (30.36%), Saturated Fat: 10.63g (66.42%), Carbohydrates: 120.32g (40.11%), Net Carbohydrates: 107.33g (39.03%), Sugar: 10.99g (12.21%), Cholesterol: 50.5mg (16.83%), Sodium: 171.09mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.92%), Selenium: 88.95µg (127.07%), Manganese: 1.8mg (90.22%), Folate: 287.2µg (71.8%), Vitamin K: 65.06µg (61.96%), Fiber: 13g (51.99%), Phosphorus: 504.43mg (50.44%), Copper: 0.89mg (44.48%), Iron: 7.1mg (39.43%), Vitamin A: 1819.38IU (36.39%), Magnesium: 138.35mg (34.59%), Vitamin B1: 0.52mg (34.41%), Vitamin B2: 0.45mg (26.52%), Zinc: 3.95mg (26.37%), Potassium: 893.4mg (25.53%), Vitamin B6: 0.43mg (21.6%), Vitamin B3: 4.08mg (20.38%), Vitamin E: 2.51mg (16.74%), Vitamin B5: 1.6mg (15.99%), Calcium: 133.76mg (13.38%), Vitamin C: 10.69mg (12.95%), Vitamin B12: 0.11µg (1.83%)