





 **17%**  
HEALTH SCORE

## Creamy Spring Pasta

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**396 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups asparagus (2-inch)
- 0.3 teaspoon pepper black freshly ground
- 2 ounces bread french
- 1 tablespoon butter
- 4 servings butter
- 6 ounces fettuccine barilla uncooked
- 1 tablespoon flour all-purpose
- 2 tablespoons tarragon fresh chopped
- 3 garlic clove divided minced

- 0.5 teaspoon kosher salt
- 1 cup milk 1% low-fat
- 0.3 cup beef broth fat-free
- 2 teaspoons olive oil
- 0.3 cup parmesan packed grated
- 1 cup peas green frozen
- 0.3 cup onion sweet finely chopped
- 3 quarts water

## Equipment

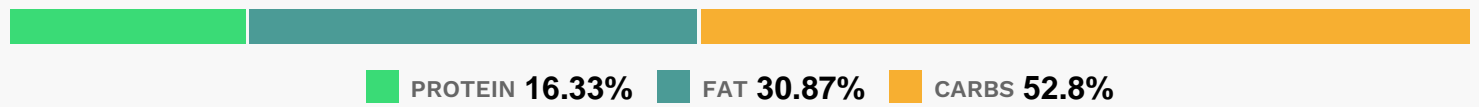
- food processor
- bowl
- frying pan
- paper towels
- whisk
- slotted spoon
- dutch oven

## Directions

- Bring 3 quarts water to a boil in a Dutch oven.
- Place torn bread in a food processor; process until coarse crumbs form. Melt butter in a large skillet over medium-high heat.
- Add 1 garlic clove to pan; saut 1 minute.
- Add breadcrumbs; saut 3 minutes or until golden brown and toasted.
- Remove breadcrumb mixture from pan; wipe pan clean with paper towels.
- Add asparagus and peas to boiling water; cook for 3 minutes or until crisp-tender.
- Remove from pan with a slotted spoon. Rinse under cold water; drain.
- Add pasta to boiling water; cook 10 minutes or until al dente.
- Drain and keep warm.

- Heat olive oil in skillet over medium heat.
- Add onion and the remaining 2 garlic cloves; cook for 3 minutes or until tender, stirring frequently.
- Place flour in a small bowl; gradually whisk in chicken broth.
- Add broth mixture and milk to pan, stirring constantly with a whisk; bring to a boil. Reduce heat; cook 1 minute or until thickened.
- Remove from heat; add cheeses, salt, and pepper, stirring until cheeses melt.
- Add pasta, asparagus, and peas; toss well.
- Sprinkle with breadcrumbs and tarragon.

## Nutrition Facts



### Properties

Glycemic Index:133.71, Glycemic Load:22.44, Inflammation Score:-8, Nutrition Score:22.368260869565%

### Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

### Nutrients (% of daily need)

Calories: 395.78kcal (19.79%), Fat: 13.8g (21.23%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 47.78g (17.37%), Sugar: 8.13g (9.04%), Cholesterol: 61.2mg (20.4%), Sodium: 632.26mg (27.49%), Protein: 16.43g (32.85%), Selenium: 43.28µg (61.83%), Manganese: 1.02mg (51.25%), Vitamin K: 32.46µg (30.91%), Phosphorus: 309.05mg (30.91%), Vitamin B1: 0.41mg (27.42%), Calcium: 262.69mg (26.27%), Vitamin C: 20.41mg (24.73%), Folate: 97.51µg (24.38%), Vitamin A: 1208.45IU (24.17%), Iron: 4.34mg (24.11%), Copper: 0.47mg (23.26%), Vitamin B2: 0.39mg (22.66%), Fiber: 5.35g (21.38%), Magnesium: 79.84mg (19.96%), Vitamin B6: 0.39mg (19.31%), Vitamin B3: 3.37mg (16.86%), Potassium: 576.24mg (16.46%), Zinc: 2.38mg (15.89%), Vitamin B12: 0.57µg (9.54%), Vitamin B5: 0.9mg (8.98%), Vitamin E: 1.32mg (8.8%), Vitamin D: 0.81µg (5.39%)