



Creamy Spring Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk 1% low-fat
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmigiano-reggiano cheese packed grated
- ☐ 1 cup peas green frozen
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 3 quarts water

Equipment

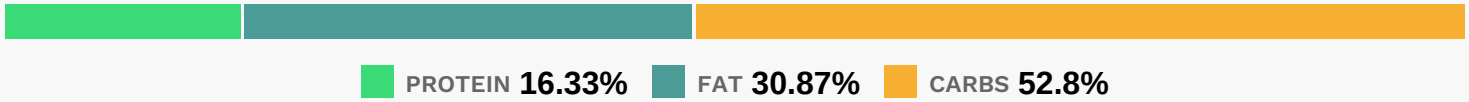
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

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:22.368260818979%

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%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Selenium: 43.28µg (61.83%), Manganese: 1.02mg (51.25%), Phosphorus: 309.05mg (30.91%), Vitamin K: 32.46µg (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%)