



## Creamy Vegetable Pasta

READY IN



34 min.

SERVINGS



20

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 15 ounce black beans drained canned
- ☐ 3 tablespoons process cream cheese light
- ☐ 1.3 cups milk fat-free
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons butter
- ☐ 0.8 cup preshredded parmesan cheese

☐ 0.3 cup water

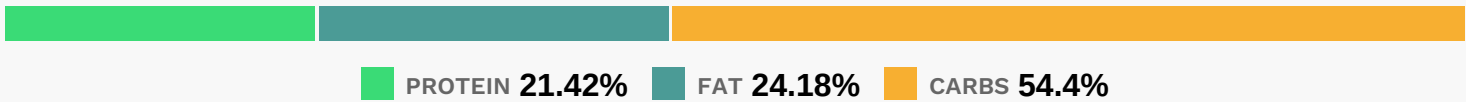
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ microwave
- ☐ peeler

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, snap off tough ends of asparagus.
- ☐ Remove scales from stalks with a vegetable peeler or knife, if desired.
- ☐ Cut asparagus into 1-inch pieces; place in a microwave-safe dish.
- ☐ Add 1/4 cup water, and cover. Microwave at HIGH 2 minutes; drain.
- ☐ Melt margarine in a medium saucepan over medium heat; add garlic. Cook, stirring constantly, 1 minute.
- ☐ Add flour; cook, stirring constantly, 1 minute. Gradually add milk, and cook, stirring constantly, 8 minutes or until thickened and bubbly. Stir in cream cheese; cook, stirring constantly, 2 minutes. Stir in Parmesan cheese.
- ☐ Combine asparagus, cheese sauce, pasta, and beans in a large bowl; toss well.
- ☐ Sprinkle with freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:4.06, Inflammation Score:-4, Nutrition Score:5.8478260765905%

Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 100.13kcal (5.01%), Fat: 2.73g (4.2%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 11.48g (4.18%), Sugar: 1.53g (1.7%), Cholesterol: 14.73mg (4.91%), Sodium: 162.56mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Selenium: 11.22µg (16.03%), Phosphorus: 107.57mg (10.76%), Manganese: 0.19mg (9.44%), Fiber: 2.33g (9.32%), Vitamin K: 9.6µg (9.15%), Calcium: 84.14mg (8.41%), Folate: 29.51µg (7.38%), Iron: 1.16mg (6.43%), Vitamin B1: 0.1mg (6.35%), Vitamin B2: 0.11mg (6.32%), Copper: 0.12mg (6.04%), Vitamin A: 286.97IU (5.74%), Magnesium: 21.04mg (5.26%), Potassium: 172.07mg (4.92%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.07mg (3.62%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.29mg (2.92%), Vitamin B12: 0.17µg (2.87%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.22µg (1.47%)