



WHATSheATE



Farfalle with Asparagus, Roasted Shallots and Blue Cheese



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



990 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pounds asparagus trimmed thin
- ☐ 1 cup bread fresh french
- ☐ 1 pound cheese blue cut into 1/2-inch pieces (such as Saga or Gorgonzola)
- ☐ 1.5 pounds farfalle pasta (bow-tie)
- ☐ 4 tablespoons olive oil
- ☐ 1.5 pounds shallots peeled halved lengthwise (24)

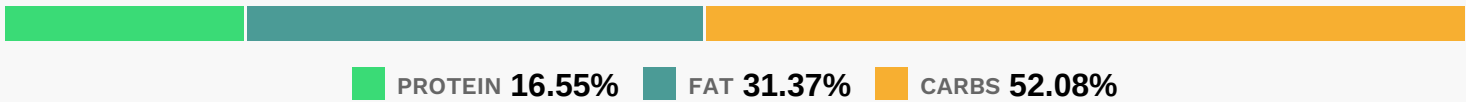
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 375°F. Toss shallots with 2 tablespoons oil on baking sheet; spread in single layer.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until tender and golden brown, stirring occasionally, about 35 minutes.
- ☐ Stir 2 tablespoons oil and breadcrumbs in skillet over medium heat until crumbs brown, about 4 minutes. (Shallots and crumbs can be made 8 hours ahead. Cover separately; keep at room temperature.)
- ☐ Cook pasta in large pot of boiling salted water 10 minutes.
- ☐ Add asparagus; cook until asparagus is crisp-tender and pasta is tender but still firm to bite, about 4 minutes.
- ☐ Drain pasta and asparagus.
- ☐ Transfer to large bowl. Immediately add blue cheese and shallots. Toss until cheese melts and pasta is well coated. Season with salt and pepper.
- ☐ Transfer to bowls.
- ☐ Sprinkle with breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:50.07, Inflammation Score:-9, Nutrition Score:41.754348195117%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 990.01kcal (49.5%), Fat: 34.82g (53.57%), Saturated Fat: 16.09g (100.59%), Carbohydrates: 130.09g (43.36%), Net Carbohydrates: 118.08g (42.94%), Sugar: 17.43g (19.37%), Cholesterol: 56.7mg (18.9%), Sodium: 1079.52mg (46.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.69%), Selenium: 98.82µg (141.18%), Manganese: 2.09mg (104.34%), Phosphorus: 704.42mg (70.44%), Vitamin K: 73.28µg (69.79%), Calcium: 550.6mg (55.06%), Folate: 198.32µg (49.58%), Fiber: 12.01g (48.04%), Iron: 7.78mg (43.2%), Vitamin B6: 0.86mg (42.96%), Vitamin B2: 0.69mg (40.71%), Copper: 0.8mg (40.09%), Vitamin B1: 0.57mg (38.02%), Zinc: 5.29mg (35.27%), Magnesium: 138.64mg (34.66%), Vitamin A: 1725.2IU (34.5%), Potassium: 1186.27mg (33.89%), Vitamin B3: 6.61mg (33.04%), Vitamin B5: 2.86mg (28.62%), Vitamin E: 3.49mg (23.24%), Vitamin C: 17.62mg (21.35%), Vitamin B12: 0.92µg (15.37%), Vitamin D: 0.38µg (2.52%)