



WHATSheATE



HEALTH SCORE

62%

Farfalle with Mascarpone, Asparagus, and Hazelnuts



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1092 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups slender asparagus trimmed
- ☐ 1 pound farfalle pasta (bow-tie pasta)
- ☐ 3 tablespoons chives fresh chopped
- ☐ 0.5 cup hazelnuts husked toasted coarsely chopped
- ☐ 8 ounce mascarpone cheese
- ☐ 3 tablespoons olive oil
- ☐ 0.7 cup parmesan cheese freshly grated

☐ 4 servings parmesan cheese shavings

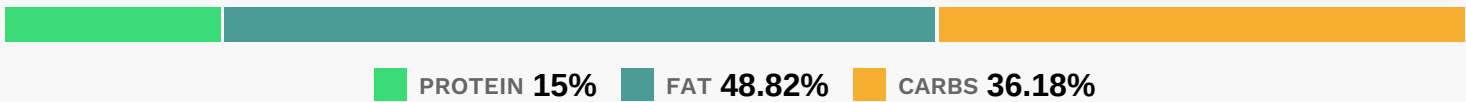
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F. Line rimmed baking sheet with aluminum foil.
- ☐ Place asparagus on prepared sheet.
- ☐ Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat; spread in single layer. Roast until asparagus is tender, about 10 minutes. (Can be prepared 2 hours ahead; let stand at room temperature.)
- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking water. Return pasta to pot. Stir in mascarpone, grated Parmesan cheese, and asparagus. Toss over medium-low heat until pasta is coated with sauce and mixture is heated through, adding reserved pasta water by 1/4 cupfuls if dry, about 3 minutes.
- ☐ Mound pasta in large shallow serving bowl.
- ☐ Sprinkle with hazelnuts, chives, and Parmesan cheese shavings.
- ☐ *Italian cream cheese; can be found at Italian markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:35.62, Inflammation Score:-10, Nutrition Score:40.284782679185%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 11.61mg, Isorhamnetin: 11.61mg, Isorhamnetin: 11.61mg, Isorhamnetin: 11.61mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Quercetin: 28.21mg, Quercetin: 28.21mg, Quercetin: 28.21mg, Quercetin: 28.21mg

Nutrients (% of daily need)

Calories: 1091.51kcal (54.58%), Fat: 59.52g (91.57%), Saturated Fat: 25.9g (161.86%), Carbohydrates: 99.24g (33.08%), Net Carbohydrates: 89.88g (32.68%), Sugar: 7.75g (8.61%), Cholesterol: 91.6mg (30.53%), Sodium: 814.55mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.32%), Selenium: 89.25µg (127.51%), Manganese: 2.31mg (115.61%), Vitamin K: 97.77µg (93.11%), Phosphorus: 677.51mg (67.75%), Calcium: 673.24mg (67.32%), Vitamin A: 2792.76IU (55.86%), Copper: 0.99mg (49.27%), Vitamin E: 6.31mg (42.09%), Iron: 6.9mg (38.31%), Fiber: 9.36g (37.44%), Folate: 147.34µg (36.84%), Vitamin B1: 0.5mg (33.59%), Magnesium: 132.67mg (33.17%), Vitamin B2: 0.53mg (31.06%), Zinc: 4.61mg (30.74%), Vitamin B6: 0.47mg (23.61%), Potassium: 825.93mg (23.6%), Vitamin B3: 4.27mg (21.36%), Vitamin C: 13.51mg (16.37%), Vitamin B5: 1.37mg (13.75%), Vitamin B12: 0.58µg (9.75%), Vitamin D: 0.23µg (1.56%)