



Fettuccine-and-Asparagus al Burro

READY IN



30 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh thin
- ☐ 2 tablespoons butter at room temperature
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 9 oz fettuccine barilla refrigerated
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 oz pancetta diced thick
- ☐ 4 servings toppings: parmesan cheese freshly ground shaved
- ☐ 0.5 cup freshly parmigiano-reggiano cheese shredded
- ☐ 0.3 teaspoon pepper freshly ground

☐ 0.3 teaspoon salt

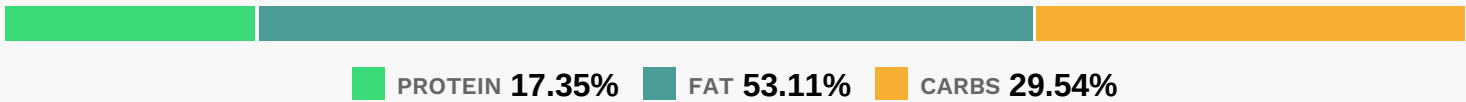
Equipment

☐ frying pan

Directions

- ☐ Snap off and discard tough ends of asparagus.
- ☐ Cut diagonally into 1 1/2-inch pieces.
- ☐ Saut pancetta in a large skillet over medium heat 5 minutes or until crisp; remove from skillet.
- ☐ Cook fettuccine and asparagus in boiling salted water to cover 2 to 3 minutes.
- ☐ Drain, reserving 1/4 cup pasta water.
- ☐ Melt butter with oil in skillet over medium heat; add hot cooked pasta and asparagus, cheese, and next 3 ingredients. Toss to coat, adding enough reserved pasta water to make a glossy sauce.
- ☐ Remove from heat; sprinkle with pancetta.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:20.13, Inflammation Score:-8, Nutrition Score:28.262173994728%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 696.48kcal (34.82%), Fat: 41.39g (63.68%), Saturated Fat: 16.59g (103.71%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 47.22g (17.17%), Sugar: 3.69g (4.1%), Cholesterol: 116.24mg (38.75%), Sodium: 1075.89mg (46.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Selenium: 68.21µg

(97.44%), Vitamin K: 88.03µg (83.84%), Calcium: 559.35mg (55.93%), Phosphorus: 551.5mg (55.15%), Manganese: 0.76mg (37.78%), Vitamin A: 1583.35IU (31.67%), Vitamin B1: 0.37mg (24.51%), Iron: 4.3mg (23.89%), Vitamin E: 3.42mg (22.82%), Vitamin B2: 0.39mg (22.7%), Zinc: 3.37mg (22.47%), Copper: 0.43mg (21.7%), Folate: 83.71µg (20.93%), Magnesium: 76.33mg (19.08%), Vitamin B3: 3.73mg (18.67%), Fiber: 4.58g (18.34%), Vitamin B6: 0.36mg (17.87%), Vitamin B12: 0.85µg (14.14%), Potassium: 494.49mg (14.13%), Vitamin B5: 1.26mg (12.6%), Vitamin C: 9.01mg (10.92%), Vitamin D: 0.52µg (3.45%)