



Fettuccine with Asparagus and Mushrooms

READY IN



20 min.

SERVINGS



7

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus thin
- ☐ 1 teaspoon canola oil
- ☐ 1 cup chicken broth
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic finely chopped

- ☐ 6 cups mushrooms sliced
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sun-dried olives in oil (not)

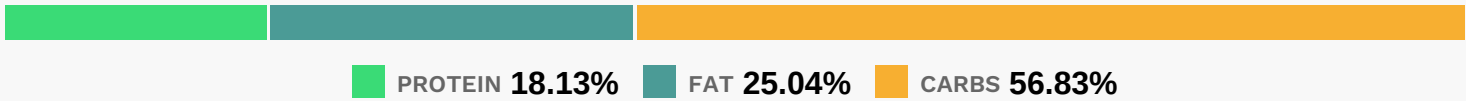
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pour enough boiling water over dried tomatoes to cover.
- ☐ Let stand 10 minutes; drain. Chop tomatoes.
- ☐ Cook and drain fettuccine as directed on package.
- ☐ While fettuccine is cooking, heat oil in 12-inch skillet over medium heat. Cook asparagus, mushrooms, garlic, parsley and basil in oil 5 minutes, stirring occasionally. Stir in tomatoes. Simmer 2 to 3 minutes or until tomatoes are heated.
- ☐ Beat cornstarch, salt and pepper into wine and broth in small bowl with wire whisk; stir into vegetable mixture.
- ☐ Heat to boiling over medium heat, stirring constantly, until mixture is smooth and bubbly; boil and stir 1 minute.
- ☐ Serve over fettuccine.
- ☐ Sprinkle with nuts and cheese.

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:11.41, Inflammation Score:-7, Nutrition Score:20.540869572888%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 3.69mg, Apigenin: 3.69mg, Apigenin: 3.69mg, Apigenin: 3.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 259.19kcal (12.96%), Fat: 6.88g (10.58%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 31.1g (11.31%), Sugar: 5.61g (6.23%), Cholesterol: 30.99mg (10.33%), Sodium: 372.73mg (16.21%), Alcohol: 3.53g (100%), Alcohol %: 1.68% (100%), Protein: 11.2g (22.41%), Vitamin K: 62.63µg (59.65%), Selenium: 36.54µg (52.19%), Manganese: 1.01mg (50.4%), Copper: 0.62mg (30.86%), Vitamin B2: 0.52mg (30.7%), Phosphorus: 257.45mg (25.74%), Vitamin B3: 5mg (25%), Potassium: 687.78mg (19.65%), Iron: 3.33mg (18.49%), Vitamin B5: 1.85mg (18.46%), Vitamin B1: 0.27mg (17.72%), Folate: 64.98µg (16.24%), Fiber: 4.04g (16.15%), Magnesium: 61.64mg (15.41%), Vitamin A: 752.29IU (15.05%), Zinc: 2.04mg (13.63%), Vitamin B6: 0.27mg (13.27%), Vitamin C: 9.59mg (11.62%), Vitamin E: 1.46mg (9.74%), Calcium: 75.85mg (7.58%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.28µg (1.86%)