



Fettuccine With Asparagus, Lemon, Pine Nuts & Mascarpone

READY IN



50 min.

SERVINGS



4

CALORIES



1172 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 lbs asparagus ends trimmed cut in 1 inch pieces on an angle
- 0.8 cup breadcrumbs homemade
- 1 pinch ground pepper
- 1 lb fettuccine barilla fresh dry
- 1 tablespoon flour all-purpose
- 1 pinch ground allspice
- 4 juice of lemon
- 2 lemon zest finely grated

- 1 cup mascarpone cheese
- 2 tablespoons olive oil for the pan
- 0.5 cup pinenuts lightly toasted
- 1 cup parmesan grated
- 4 servings pepper black freshly ground
- 8 spring onion cut in thin rounds (whites and tender greens)
- 1 tablespoon butter unsalted
- 1 cup milk whole

Equipment

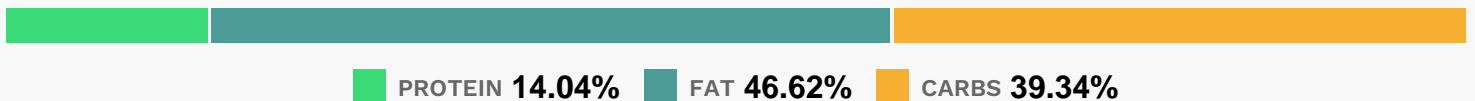
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- slotted spoon
- colander

Directions

- Heat the oven to 400F or 450°F (Note the slightly higher oven temperature when baking fresh egg pasta.) Lightly coat a large, shallow baking dish with olive oil.2 Bring a large pot of salted water to a boil.3
- Add the asparagus and blanch until tender but with a slight bite left to it, about 2 minute Scoop it from the water with a large slotted spoon, set it in a colander, and run it under cold water to preserve its green color.4
- Drain well.5 Keep the water boiling for the pasta.6 In a large skillet, heat the olive oil over medium heat.7
- Add the scallions; sauté 1 minute to soften.8

- Add the asparagus and sauté briefly, about 1 minute Take the skillet off the heat and add half the zest, the lemon juice, thyme, salt, and pepper; mix well and reserve.⁹ In a medium saucepan, heat the butter and flour over medium heat, whisking until smooth.¹⁰ Cook for 1 min.¹¹ ,whisking constantly, to cook away the raw taste of the flour.¹²
- Add the milk and cook, whisking all the while, until it comes to a boil.¹³ Lower the heat a bit and cook until smooth and lightly thickened (about the consistency of heavy cream), 3 or 4 minute.¹⁴ Turn off the heat and add the mascarpone, the remaining lemon zest, and 1/2 cup of the grana padano, whisking until the mixture is fairly smooth (there will be a slight grainy texture from the cheese).¹⁵ Season with the cayenne, allspice, and more salt and pepper.¹⁶ In a small bowl, combine the breadcrumbs and the remaining grana padano.¹⁷ Season with salt and pepper and add a drizzle of olive oil.¹⁸
- Mix well.¹⁹ Return the cooking water to a full boil and cook the fettuccine, leaving it slightly underdone.²⁰
- Drain well.²¹ Return the fettuccine to the cooking pot.²²
- Add the mascarpone sauce, the pine nuts, and the asparagus with all its juices.²³ Toss and taste for seasoning.²⁴
- Pour into the baking dish and sprinkle the breadcrumb mixture evenly over the top.²⁵
- Bake uncovered until bubbling and golden, 15 to 20 minute
- Serve right away.

Nutrition Facts



Properties

Glycemic Index:81.75, Glycemic Load:37.92, Inflammation Score:-10, Nutrition Score:48.386957168579%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg 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: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 34.38mg, Quercetin: 34.38mg, Quercetin: 34.38mg, Quercetin: 34.38mg

Nutrients (% of daily need)

Calories: 1172.04kcal (58.6%), Fat: 61.64g (94.83%), Saturated Fat: 26.28g (164.23%), Carbohydrates: 117.04g (39.01%), Net Carbohydrates: 105.88g (38.5%), Sugar: 12.84g (14.27%), Cholesterol: 183.35mg (61.12%), Sodium: 636.48mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.77g (83.53%), Manganese: 3.08mg (153.82%), Selenium: 107.45µg (153.5%), Vitamin K: 160.28µg (152.65%), Phosphorus: 771.57mg (77.16%), Vitamin A: 3212.61IU (64.25%), Calcium: 608.76mg (60.88%), Vitamin B1: 0.86mg (57.04%), Copper: 1.08mg (54.04%), Iron: 9.67mg (53.72%), Folate: 205.32µg (51.33%), Fiber: 11.17g (44.66%), Vitamin B2: 0.75mg (43.88%), Magnesium: 174.72mg (43.68%), Vitamin C: 32.87mg (39.84%), Vitamin E: 5.94mg (39.61%), Zinc: 5.86mg (39.04%), Vitamin B3: 7.1mg (35.49%), Potassium: 1096.96mg (31.34%), Vitamin B6: 0.59mg (29.36%), Vitamin B5: 2.24mg (22.41%), Vitamin B12: 1.04µg (17.25%), Vitamin D: 1.19µg (7.92%)