



Fettuccine with Prosciutto and Asparagus

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups asparagus (1-inch)
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 ounce parmesan fresh

- ☐ 2 ounces pancetta chopped
- ☐ 0.5 teaspoon salt

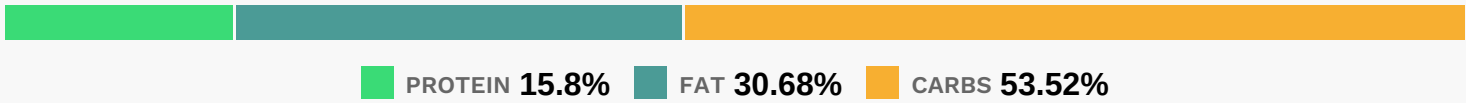
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ colander

Directions

- ☐ Cook asparagus and pasta in boiling water 3 minutes or until the pasta is done.
- ☐ Drain asparagus and pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.
- ☐ Wipe pan dry with a paper towel.
- ☐ Heat oil in pan over medium heat.
- ☐ Add onion and garlic; cook 2 minutes, stirring frequently.
- ☐ Add prosciutto; cook 2 minutes, stirring frequently. Stir in asparagus and pasta, reserved cooking liquid, vinegar, salt, red pepper, and black pepper; toss well.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:20.99, Inflammation Score:-8, Nutrition Score:20.086521568506%

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: 7.73mg, Isorhamnetin: 7.73mg, Isorhamnetin: 7.73mg, Isorhamnetin: 7.73mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.21mg, Quercetin: 22.21mg, Quercetin: 22.21mg, Quercetin: 22.21mg

Nutrients (% of daily need)

Calories: 405.13kcal (20.26%), Fat: 13.97g (21.5%), Saturated Fat: 4.34g (27.16%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 49.84g (18.13%), Sugar: 5.24g (5.83%), Cholesterol: 67.76mg (22.59%), Sodium: 517.17mg (22.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Selenium: 57.59µg (82.27%), Vitamin K: 44.73µg (42.6%), Manganese: 0.81mg (40.68%), Phosphorus: 291.77mg (29.18%), Vitamin B1: 0.32mg (21.18%), Copper: 0.41mg (20.65%), Iron: 3.66mg (20.35%), Fiber: 4.99g (19.94%), Folate: 78.96µg (19.74%), Vitamin B6: 0.35mg (17.69%), Vitamin A: 879.82IU (17.6%), Magnesium: 61.02mg (15.25%), Vitamin B3: 2.98mg (14.92%), Zinc: 2.23mg (14.88%), Calcium: 146.17mg (14.62%), Vitamin B2: 0.25mg (14.61%), Potassium: 466.6mg (13.33%), Vitamin E: 1.99mg (13.24%), Vitamin C: 9.37mg (11.36%), Vitamin B5: 1.03mg (10.33%), Vitamin B12: 0.34µg (5.68%), Vitamin D: 0.28µg (1.89%)