



Fettuccine with Roasted Spring Vegetables and Ham

READY IN



45 min.

SERVINGS



12

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 pounds asparagus trimmed thin
- 0.3 cup optional: dill chopped
- 2 pounds fettuccine barilla dried
- 2 cups heavy cream
- 1.5 pounds leeks white green thick halved lengthwise sliced
- 3 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 12 servings parmesan cheese freshly grated

- 12 servings salt and pepper freshly ground
- 12 scallions cut into 1 1/2 -inch lengths
- 0.8 pound ham smoked cut into 2-by-1/4-inch strips

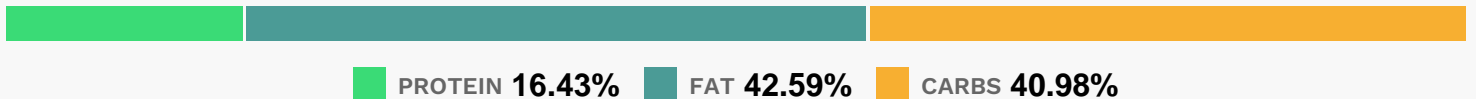
Equipment

- sauce pan
- oven
- pot
- roasting pan

Directions

- Preheat the oven to 45
- In a large roasting pan, combine the asparagus, leeks, scallions, olive oil and half of the lemon juice; season with salt and pepper. Roast the vegetables, tossing once or twice, for 20 minutes, or until tender.
- In a small saucepan, combine the cream and dill; season with salt and pepper. Bring to a boil, then remove from the heat, cover and keep warm.
- Cook the pasta in a stockpot of boiling salted water until al dente.
- Drain well, reserving 1 cup of the cooking water. Return the pasta to the pot.
- Add the vegetables, ham, cream and the remaining 1 1/2 tablespoons of lemon juice and toss over low heat; add some of the cooking water if the pasta seems dry. Season with salt and pepper, transfer to a platter and serve. Pass the Parmesan separately.
- Wine Recommendation: A rich Chardonnay

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:25.69, Inflammation Score:-9, Nutrition Score:33.288260833077%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg

Nutrients (% of daily need)

Calories: 694.92kcal (34.75%), Fat: 33.45g (51.46%), Saturated Fat: 15.91g (99.46%), Carbohydrates: 72.41g (24.14%), Net Carbohydrates: 66.17g (24.06%), Sugar: 7.35g (8.16%), Cholesterol: 148.03mg (49.34%), Sodium: 1105.82mg (48.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Selenium: 74.51µg (106.45%), Vitamin K: 104.43µg (99.46%), Manganese: 1.16mg (57.83%), Vitamin A: 2887.37IU (57.75%), Phosphorus: 545.65mg (54.57%), Calcium: 392.42mg (39.24%), Iron: 5.88mg (32.65%), Folate: 130.46µg (32.62%), Copper: 0.6mg (30.17%), Zinc: 4.1mg (27.32%), Vitamin B2: 0.44mg (25.65%), Magnesium: 100.83mg (25.21%), Fiber: 6.24g (24.96%), Vitamin E: 3.54mg (23.58%), Vitamin B1: 0.35mg (23.25%), Vitamin B6: 0.45mg (22.38%), Vitamin C: 17.93mg (21.74%), Potassium: 728.75mg (20.82%), Vitamin B3: 3.05mg (15.27%), Vitamin B5: 1.3mg (12.96%), Vitamin B12: 0.69µg (11.46%), Vitamin D: 1.01µg (6.74%)