



Fettuccine With Vegetables And Black Beans

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 3 tablespoons process cream cheese light
- ☐ 1.3 cups milk fat-free
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons butter
- ☐ 3 ounces parmesan cheese freshly grated

☐ 0.3 cup water

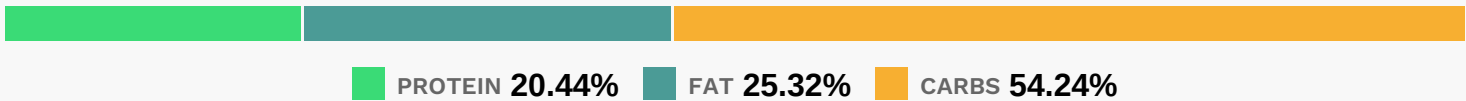
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ microwave
- ☐ peeler

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain. Set aside, and keep warm.
- ☐ Snap off tough ends of asparagus.
- ☐ Remove scales from stalks with a vegetable peeler or knife, if desired.
- ☐ Cut asparagus into 1-inch pieces; place in a microwave-safe dish.
- ☐ Add 1/4 cup water and cover. Microwave at HIGH 2 minutes; drain.
- ☐ Melt margarine in a medium saucepan over medium heat; add garlic. Cook, stirring constantly, 1 minute.
- ☐ Add flour; cook, stirring constantly, 1 minute. Gradually add milk, and cook, stirring constantly, 8 minutes or until thickened and bubbly. Stir in cream cheese; cook, stirring constantly, 2 minutes. Stir in Parmesan cheese.
- ☐ Combine asparagus, cheese sauce, pasta, and beans in a large bowl; toss well.
- ☐ Sprinkle with freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:13.41, Inflammation Score:-8, Nutrition Score:19.72130435446%

Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

Nutrients (% of daily need)

Calories: 344.45kcal (17.22%), Fat: 9.83g (15.13%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 39.63g (14.41%), Sugar: 5g (5.56%), Cholesterol: 52.94mg (17.65%), Sodium: 589.68mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Selenium: 39.55µg (56.49%), Phosphorus: 361.69mg (36.17%), Manganese: 0.64mg (31.95%), Fiber: 7.77g (31.08%), Vitamin K: 32.04µg (30.52%), Calcium: 257.78mg (25.78%), Folate: 98.35µg (24.59%), Vitamin B2: 0.37mg (21.5%), Iron: 3.82mg (21.23%), Vitamin B1: 0.32mg (21.11%), Copper: 0.4mg (20.2%), Vitamin A: 981.56IU (19.63%), Magnesium: 69.6mg (17.4%), Potassium: 588.16mg (16.8%), Zinc: 2.41mg (16.08%), Vitamin B6: 0.24mg (12.07%), Vitamin B3: 2.13mg (10.64%), Vitamin B12: 0.61µg (10.24%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.18mg (7.88%), Vitamin C: 6.31mg (7.64%), Vitamin D: 0.75µg (4.97%)