



Fettuccine with Peas, Asparagus, and Pancetta

READY IN



40 min.

SERVINGS



4

CALORIES



724 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 pounds asparagus trimmed
- ☐ 12 ounces fettuccine barilla
- ☐ 0.3 cup basil fresh divided thinly sliced
- ☐ 2 garlic cloves pressed
- ☐ 1 bunch green onions dark separated thinly sliced
- ☐ 2 cups peas fresh green frozen boiling shelled thaw drained (do not)
- ☐ 0.3 cup heavy whipping cream
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 3 ounces pancetta chopped
- ☐ 0.5 cup parmesan cheese plus additional finely grated for serving
- ☐ 0.3 cup parsley fresh italian divided chopped

Equipment

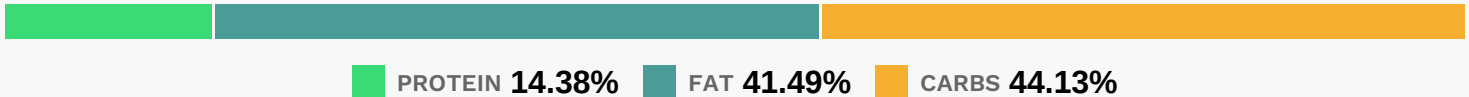
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook pasta in pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain, reserving 1/2 cup pasta cooking liquid. Return pasta to pot.
- ☐ Meanwhile, cook pancetta in large nonstick skillet over medium heat until crisp. Using slotted spoon, transfer pancetta to paper towels to drain.
- ☐ Pour off all but 1 teaspoon drippings from skillet.
- ☐ Add asparagus to drippings in skillet; sauté 3 minutes.
- ☐ Add peas, white and pale green parts of green onions, and garlic; sauté until vegetables are just tender, about 2 minutes.
- ☐ Remove from heat.
- ☐ Add vegetable mixture, 1/4 cup pasta cooking liquid, dark green parts of green onions, 1/2 cup Parmesan, cream, olive oil, lemon juice, lemon peel, half of parsley, and half of basil to pasta. Toss, adding more cooking liquid by tablespoonfuls if needed. Season with salt and freshly ground black pepper.
- ☐ Transfer to large bowl.
- ☐ Sprinkle pancetta, remaining parsley, and basil over.
- ☐ Serve, passing additional Parmesan cheese.

- ☐ Per serving (analysis does not include additional Parmesan cheese for serving):558.9 kcal calories,29.3 % calories from fat, 18.2 g fat, 7.3 g saturated fat,
- ☐ 6 mg cholesterol,
- ☐ 8 g carbohydrates,
- ☐ 8 g total sugars,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:71.08, Glycemic Load:29.32, Inflammation Score:-10, Nutrition Score:37.368260922639%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 20.54mg, Quercetin: 20.54mg, Quercetin: 20.54mg, Quercetin: 20.54mg

Nutrients (% of daily need)

Calories: 724.23kcal (36.21%), Fat: 33.92g (52.19%), Saturated Fat: 11.9g (74.38%), Carbohydrates: 81.17g (27.06%), Net Carbohydrates: 70.73g (25.72%), Sugar: 9.5g (10.56%), Cholesterol: 118.76mg (39.59%), Sodium: 392.97mg (17.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.93%), Vitamin K: 164.71µg (156.87%), Selenium: 81.11µg (115.87%), Manganese: 1.32mg (66.04%), Vitamin C: 50.2mg (60.85%), Vitamin A: 2542.91IU (50.86%), Phosphorus: 486.96mg (48.7%), Fiber: 10.44g (41.78%), Vitamin B1: 0.62mg (41.32%), Folate: 160.09µg (40.02%), Iron: 6.35mg (35.29%), Copper: 0.69mg (34.41%), Vitamin B2: 0.48mg (28.46%), Vitamin B3: 5.69mg (28.43%), Zinc: 4.24mg (28.26%), Vitamin B6: 0.54mg (27.23%), Magnesium: 106.72mg (26.68%), Vitamin E: 3.96mg (26.37%), Potassium: 816.56mg (23.33%), Calcium: 224.22mg (22.42%), Vitamin B5: 1.5mg (15%), Vitamin B12: 0.55µg (9.22%), Vitamin D: 0.72µg (4.8%)