



Fusilli with Spinach and Asiago Cheese

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3.5 ounces asiago grated
- 0.8 teaspoon pepper black freshly ground
- 8 ounces cherry tomatoes halved ()
- 1 pound fusilli pasta
- 1 garlic clove minced
- 0.3 cup olive oil
- 0.5 cup parmesan grated
- 1 teaspoon salt

9 ounce pkt spinach fresh roughly chopped

Equipment

frying pan

pot

Directions

Watch how to make this recipe.

Bring a large pot of salted water to a boil over high heat.

Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.

Drain pasta reserving 1/2 cup of the cooking liquid.

Meanwhile, warm olive oil in a large, heavy skillet over medium-high heat.

Add the garlic and cook until fragrant, about 2 minutes.

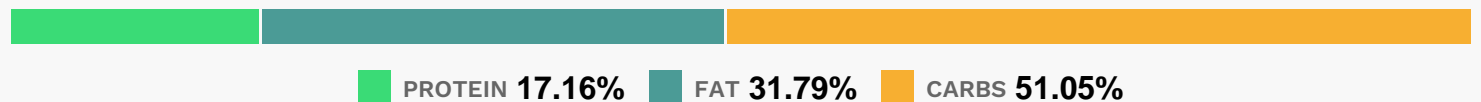
Add the spinach and tomatoes and cook until the spinach wilts, about 2 more minutes.

Add the cooked pasta and toss.

Add the cheeses, salt, pepper, and the pasta cooking liquid and stir to combine.

Transfer the pasta to a serving plate and serve.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:34.77, Inflammation Score:-10, Nutrition Score:35.625217427378%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 713.22kcal (35.66%), Fat: 25.18g (38.73%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 90.95g (30.32%), Net Carbohydrates: 85.41g (31.06%), Sugar: 5.02g (5.57%), Cholesterol: 25.37mg (8.46%), Sodium: 1242.91mg (54.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.15%), Vitamin K: 319.18µg (303.98%), Vitamin A: 6551.99IU (131.04%), Selenium: 81.11µg (115.87%), Manganese: 1.74mg (87.04%), Calcium: 538.41mg (53.84%), Phosphorus: 522.1mg (52.21%), Folate: 154.23µg (38.56%), Vitamin C: 31.09mg (37.68%), Magnesium: 132.85mg (33.21%), Vitamin E: 3.77mg (25.12%), Copper: 0.47mg (23.64%), Iron: 4.02mg (22.36%), Fiber: 5.54g (22.16%), Potassium: 774.98mg (22.14%), Zinc: 3.06mg (20.38%), Vitamin B2: 0.33mg (19.2%), Vitamin B6: 0.37mg (18.73%), Vitamin B3: 2.8mg (14.01%), Vitamin B1: 0.19mg (12.58%), Vitamin B5: 0.78mg (7.82%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 0.19µg (1.24%)