



Garganelli with Asparagus and Pecorino Cheese

READY IN



29 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups asparagus (1-inch) (1 pound)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil

- ☐ 8 ounces garganelli pasta uncooked
- ☐ 1 ounce pecorino romano cheese fresh grated
- ☐ 2 tablespoons pecorino romano cheese fresh shaved

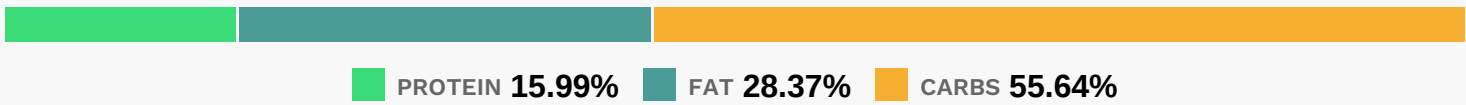
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta in boiling water with 1 tablespoon kosher salt according to package directions, omitting additional fat.
- ☐ Drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add asparagus to pan; cook 3 minutes or until crisp-tender, stirring occasionally.
- ☐ Remove from pan; keep warm.
- ☐ Add broth, lemon rind, and garlic to pan; cook until liquid is reduced to 1/2 cup (about 6 minutes). Return asparagus to pan.
- ☐ Add pasta, grated cheese, salt, and pepper; toss well.
- ☐ Place about 1 1/4 cups pasta mixture in each of 4 shallow bowls; top each serving with 1 1/2 teaspoons shaved cheese.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:17.69, Inflammation Score:-7, Nutrition Score:14.963478163533%

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: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg,

Isorhamnetin: 4.77mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg, Quercetin: 11.72mg

Nutrients (% of daily need)

Calories: 332.29kcal (16.61%), Fat: 10.56g (16.24%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 42.77g (15.55%), Sugar: 3.23g (3.59%), Cholesterol: 9.97mg (3.32%), Sodium: 2265.33mg (98.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.77%), Selenium: 39.28µg (56.12%), Vitamin K: 39.74µg (37.85%), Manganese: 0.7mg (35.19%), Phosphorus: 225.3mg (22.53%), Copper: 0.33mg (16.68%), Fiber: 3.81g (15.24%), Iron: 2.71mg (15.05%), Calcium: 139.82mg (13.98%), Folate: 54.69µg (13.67%), Vitamin E: 2.05mg (13.64%), Vitamin A: 675.12IU (13.5%), Potassium: 433.08mg (12.37%), Vitamin B1: 0.18mg (11.8%), Magnesium: 46.6mg (11.65%), Vitamin B2: 0.19mg (11.18%), Zinc: 1.52mg (10.13%), Vitamin B3: 1.8mg (9.02%), Vitamin B6: 0.18mg (8.87%), Vitamin C: 6.86mg (8.31%), Vitamin B5: 0.53mg (5.27%), Vitamin B12: 0.11µg (1.79%)