

Ham and Asparagus Fettuccine

READY IN



20 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces asparagus fresh trimmed cut into 2 inch pieces
- 0.5 cup butter
- 1 pinch ground pepper
- 0.5 pound finely-chopped ham diced cooked
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 2 cups cup heavy whipping cream
- 12 ounces soup noodles dry
- 0.8 cup parmesan cheese grated

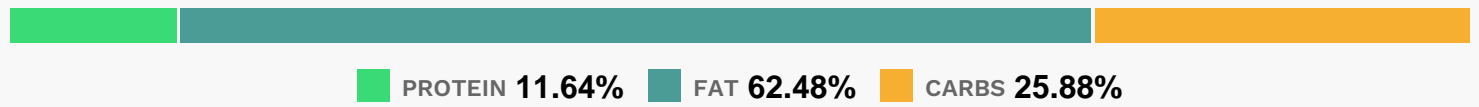
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente. Stir asparagus into pot in the last five minutes of cooking; drain.
- While pasta is cooking, heat butter and cream in a medium saucepan over medium heat. When mixture begins to bubble, stir in Parmesan, garlic powder, pepper and cayenne. Continue cooking until mixture thickens, stirring occasionally. Stir in ham and heat through.
- Toss pasta and asparagus with sauce and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:17.26, Inflammation Score:-8, Nutrition Score:18.96695642886%

Flavonoids

Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 732.9kcal (36.65%), Fat: 51.27g (78.88%), Saturated Fat: 30.72g (192.03%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 45.13g (16.41%), Sugar: 4.57g (5.07%), Cholesterol: 168.79mg (56.26%), Sodium: 802.64mg (34.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Selenium: 51.17µg (73.1%), Vitamin A: 2040.21IU (40.8%), Phosphorus: 367.69mg (36.77%), Manganese: 0.62mg (31.05%), Vitamin B2: 0.38mg (22.14%), Vitamin B1: 0.33mg (21.75%), Calcium: 191.14mg (19.11%), Vitamin K: 20.01µg (19.05%), Zinc: 2.6mg (17.34%), Copper: 0.29mg (14.7%), Vitamin B12: 0.86µg (14.35%), Vitamin C: 11.41mg (13.84%), Vitamin B3: 2.75mg (13.74%), Magnesium: 53.85mg (13.46%), Vitamin B6: 0.25mg (12.64%), Potassium: 414.85mg (11.85%), Vitamin E: 1.73mg (11.52%), Iron: 2.02mg (11.24%), Fiber: 2.64g (10.58%), Vitamin B5: 0.94mg (9.44%), Folate: 35.58µg (8.89%), Vitamin D: 1.33µg (8.88%)