



WHATSheATE



## Lemon Asparagus Pasta

READY IN



30 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into 2-inch pieces
- ☐ 1 large lemon zest juiced
- ☐ 0.5 cup olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 16 ounce penne pasta
- ☐ 8 servings freshly cracked pepper black to taste
- ☐ 8 servings salt to taste

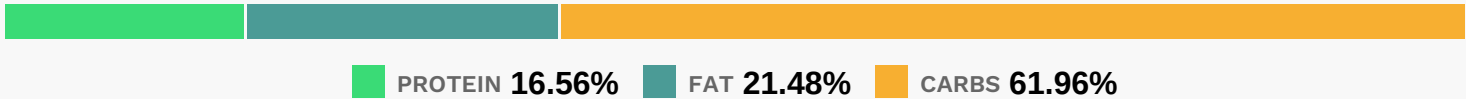
### Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Fill a large pot with lightly salted water and bring to a boil. Stir in penne and return to a boil. Cook pasta uncovered, stirring occasionally, for about 8 minutes. Penne will still be slightly firm.
- ☐ Stir asparagus into the pot with the boiling penne pasta and bring back to a boil; cook until pasta is tender and asparagus is softened but still bright green, about 3 more minutes.
- ☐ Drain pasta and asparagus.
- ☐ Place penne and asparagus into a large bowl; lightly stir in lemon zest, lemon juice, Parmesan cheese, olive oil, salt, and black pepper until thoroughly combined.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:17.35, Inflammation Score:-6, Nutrition Score:12.706521714511%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

## Nutrients (% of daily need)

Calories: 298.79kcal (14.94%), Fat: 7.13g (10.97%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 43.16g (15.69%), Sugar: 2.62g (2.91%), Cholesterol: 10.88mg (3.63%), Sodium: 417.19mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.73%), Selenium: 41.52µg (59.32%), Manganese: 0.63mg (31.67%), Vitamin K: 25.65µg (24.42%), Phosphorus: 216.14mg (21.61%), Copper: 0.28mg (13.91%), Calcium: 137.61mg (13.76%), Fiber: 3.11g (12.44%), Iron: 2.04mg (11.33%), Zinc: 1.65mg (11%), Vitamin A: 537.69IU (10.75%), Magnesium: 42.65mg (10.66%), Folate: 40.55µg (10.14%), Vitamin B2: 0.16mg (9.29%), Vitamin B1: 0.14mg (9.07%), Vitamin E: 1.16mg (7.72%), Vitamin B3: 1.53mg (7.66%), Potassium: 266.57mg (7.62%), Vitamin B6: 0.14mg (7.19%), Vitamin C: 4.14mg (5.02%), Vitamin B5: 0.44mg (4.44%), Vitamin B12: 0.17µg (2.81%)