



## Lemon, Garlic, and Asparagus Warm Caprese Pasta Salad

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bunch asparagus fresh trimmed cut into thirds
- 3 tablespoons butter
- 8 leaves basil fresh
- 2 large cloves garlic minced
- 2 teaspoons juice of lemon to taste
- 0.3 cup olive oil
- 1 pound mezze penne pasta (short)

- 1 roma tomato diced (plum)
- 0.5 large shallots minced

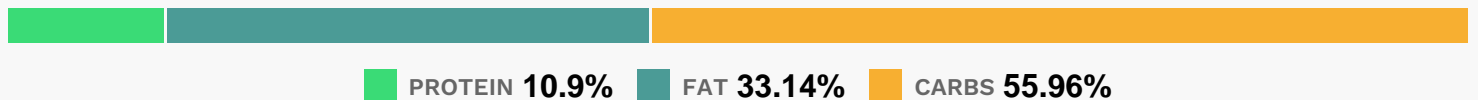
## Equipment

- frying pan
- sauce pan
- 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, until cooked through but still firm to the bite, about 11 minutes; drain.
- Place asparagus into a saucepan, add a little water, and place over medium heat; cover pan and let asparagus steam until bright green and tender, 3 to 4 minutes.
- Drain.
- Heat olive oil with butter and lemon juice in a large saucepan over medium-low heat until butter melts; cook and stir shallot in hot oil and butter mixture until it just begins to soften, 1 to 2 minutes. Stir garlic into shallot mixture and cook until shallot and garlic are opaque, 3 more minutes. Stir asparagus and chicken into mixture; cook until heated through, about 5 minutes.
- Toss pasta with chicken and vegetables to combine; mix tomato and basil into salad and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:48.67, Glycemic Load:23.41, Inflammation Score:-7, Nutrition Score:15.831304413469%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

## **Nutrients (% of daily need)**

Calories: 430.59kcal (21.53%), Fat: 15.94g (24.53%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 56.36g (20.49%), Sugar: 3.92g (4.36%), Cholesterol: 15.05mg (5.02%), Sodium: 52.21mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.6%), Selenium: 49.74µg (71.06%), Manganese: 0.85mg (42.71%), Vitamin K: 40.8µg (38.86%), Phosphorus: 189.33mg (18.93%), Copper: 0.37mg (18.7%), Vitamin A: 863.45IU (17.27%), Fiber: 4.22g (16.89%), Vitamin E: 2.45mg (16.36%), Iron: 2.73mg (15.18%), Folate: 55.89µg (13.97%), Magnesium: 53.06mg (13.26%), Vitamin B1: 0.18mg (12.22%), Vitamin B3: 2.1mg (10.51%), Potassium: 361mg (10.31%), Vitamin B6: 0.21mg (10.27%), Zinc: 1.52mg (10.14%), Vitamin B2: 0.16mg (9.28%), Vitamin C: 6.86mg (8.31%), Vitamin B5: 0.56mg (5.64%), Calcium: 40.54mg (4.05%)