



Lemon Pepper Pasta and Asparagus



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 oz farfalle pasta uncooked (bow-tie)
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup bell pepper red chopped
- ☐ 1 lb asparagus cut into 1-inch pieces
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 tablespoons juice of lemon

- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 1 serving pepper freshly ground

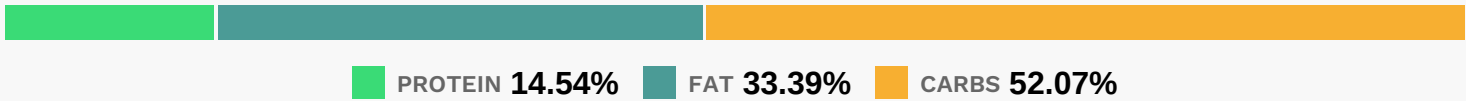
Equipment

- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook bell pepper, asparagus, lemon peel, salt and 1/2 teaspoon pepper in oil, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir lemon juice and beans into vegetable mixture. Cook until beans are hot.
- ☐ Add pasta; toss.
- ☐ Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:15.06, Inflammation Score:-9, Nutrition Score:26.165217461793%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

Nutrients (% of daily need)

Calories: 382.58kcal (19.13%), Fat: 14.65g (22.53%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 42.05g (15.29%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 301.66mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.71%), Vitamin K: 77.62µg (73.92%), Vitamin C: 59.03mg (71.55%), Manganese: 1.07mg (53.28%), Vitamin A: 2026.02IU (40.52%), Folate: 152.67µg (38.17%), Fiber: 9.33g (37.32%), Iron: 6.18mg (34.33%), Selenium: 22.29µg (31.85%), Copper: 0.56mg (27.77%), Vitamin E: 3.88mg

(25.84%), Potassium: 869.63mg (24.85%), Magnesium: 90.82mg (22.7%), Phosphorus: 220.37mg (22.04%),
Vitamin B1: 0.31mg (20.88%), Vitamin B6: 0.34mg (16.92%), Zinc: 2.31mg (15.38%), Vitamin B2: 0.25mg (14.73%),
Calcium: 116.13mg (11.61%), Vitamin B3: 2.09mg (10.46%), Vitamin B5: 0.77mg (7.68%)