



Linguine with Asparagus and Egg

READY IN



30 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 serving coarse mustard
- 0.8 pound fettuccine barilla
- 1 pound asparagus ends trimmed halved lengthwise thin
- 3 tablespoons butter unsalted
- 4 large eggs

Equipment

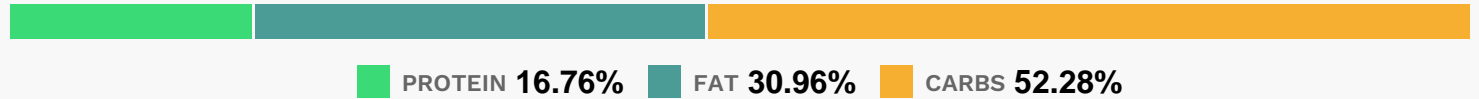
- bowl
- frying pan

- baking sheet
- pot
- slotted spoon

Directions

- In a large pot of boiling salted water, cook pasta according to package instructions, adding the asparagus in the last minute of cooking. Reserve 1 cup cooking liquid; drain pasta and asparagus and return to pot along with butter and Parmesan. Toss until butter is melted, adding enough pasta water to create a thin sauce that coats pasta.
- While pasta is cooking, in a large straight-sided skillet, heat 2 inches water over medium until a few bubbles rise to the top. Crack each egg into a small bowl and gently pour into skillet. Cook until whites are set and yolks are runny, 4 minutes. With a slotted spoon, transfer eggs to a parchment-lined baking sheet.
- To serve, divide pasta among 4 bowls, top each serving with an egg, and season with salt and pepper.
- Sprinkle with Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:26.09, Inflammation Score:-8, Nutrition Score:24.598260755124%

Flavonoids

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: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 496.81kcal (24.84%), Fat: 17.23g (26.5%), Saturated Fat: 8.01g (50.07%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 60.2g (21.89%), Sugar: 3.94g (4.38%), Cholesterol: 280.02mg (93.34%), Sodium: 106.03mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.96%), Selenium: 85.51µg (122.15%), Manganese: 0.93mg (46.3%), Vitamin K: 48.5µg (46.19%), Phosphorus: 366.8mg (36.68%), Vitamin A: 1443.3IU (28.87%), Vitamin B2: 0.47mg (27.61%), Iron: 4.94mg (27.44%), Folate: 107.53µg (26.88%), Copper: 0.51mg (25.28%), Vitamin B1: 0.33mg (21.98%), Fiber: 5.24g (20.97%), Zinc: 2.91mg (19.38%), Vitamin B5: 1.87mg (18.68%),

Vitamin B6: 0.37mg (18.65%), Magnesium: 72.01mg (18%), Vitamin E: 2.37mg (15.79%), Vitamin B3: 2.94mg (14.72%), Potassium: 509.98mg (14.57%), Vitamin B12: 0.71µg (11.82%), Vitamin D: 1.41µg (9.42%), Calcium: 88.29mg (8.83%), Vitamin C: 6.36mg (7.7%)