



HEALTH SCORE

64%

Linguine with Grilled Asparagus and Shiitake Mushroom Vinaigrette



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus spears
- ☐ 3 ounces button mushrooms sliced
- ☐ 4 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 tablespoons sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup parsley fresh minced

- ☐ 3 garlic cloves minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup rice vinegar
- ☐ 3.5 ounce shiitake mushroom caps package) thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons water

Equipment

- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ broiler
- ☐ peeler

Directions

- ☐ Heat oil in a large nonstick skillet.
- ☐ Add ginger, pepper, and garlic; cook 1 minute.
- ☐ Add mushrooms; cook 2 minutes.
- ☐ Add vinegar and next 5 ingredients (vinegar through sugar); remove from heat.
- ☐ Snap off tough ends of asparagus; remove scales with a knife or vegetable peeler, if desired.
- ☐ Brush asparagus with mushroom vinaigrette; keep remaining vinaigrette warm.
- ☐ Prepare grill or broiler. Grill or broil the asparagus 3 minutes or until lightly browned.
- ☐ Place asparagus on pasta, and top with remaining mushroom vinaigrette.

Nutrition Facts



Properties

Glycemic Index:96.9, Glycemic Load:24.12, Inflammation Score:-8, Nutrition Score:22.73739135071%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg

Nutrients (% of daily need)

Calories: 345.23kcal (17.26%), Fat: 7.07g (10.88%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 51.45g (18.71%), Sugar: 7.6g (8.45%), Cholesterol: 0mg (0%), Sodium: 586.53mg (25.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin K: 109.6µg (104.38%), Selenium: 44.83µg (64.04%), Manganese: 0.91mg (45.68%), Iron: 5.06mg (28.11%), Copper: 0.5mg (25%), Fiber: 6.21g (24.86%), Vitamin A: 1211.19IU (24.22%), Folate: 91.62µg (22.9%), Phosphorus: 224mg (22.4%), Vitamin B2: 0.38mg (22.23%), Vitamin B3: 3.72mg (18.61%), Vitamin B6: 0.35mg (17.3%), Vitamin C: 14.05mg (17.03%), Magnesium: 65.23mg (16.31%), Potassium: 551.02mg (15.74%), Vitamin B1: 0.24mg (15.7%), Zinc: 1.94mg (12.93%), Vitamin B5: 1.26mg (12.56%), Vitamin E: 1.59mg (10.63%), Calcium: 56.34mg (5.63%)