



 **61%**
HEALTH SCORE

Nutty Vegetable Pasta

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces angel hair pasta uncooked
- 1 pound asparagus fresh
- 0.8 cup matchstick-cut carrots
- 2 tablespoons brown sugar
- 0.3 cup creamy peanut butter reduced-fat
- 0.5 teaspoon pepper red crushed
- 3 tablespoons soya sauce low-sodium
- 3 tablespoons rice wine vinegar

0.3 cup peanuts unsalted chopped

0.3 cup vegetable broth

Equipment

bowl

sauce pan

Directions

Snap off tough ends of asparagus.

Cut asparagus into 1-inch pieces. Set aside.

Cook pasta according to package directions, omitting salt and fat.

Add asparagus pieces to pasta during the last 2 minutes of cooking time.

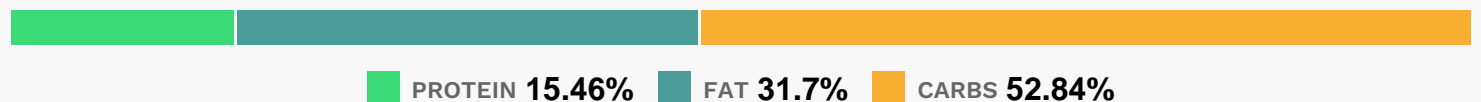
Add carrots during the last 30 seconds of cooking time.

Combine peanut butter and next 5 ingredients in a small saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a boil.

Remove from heat.

Drain pasta, and place in a large serving bowl. Stir in peanut sauce, tossing to coat. Top evenly with peanuts.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:18.28, Inflammation Score:-10, Nutrition Score:25.724347467008%

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: 456.59kcal (22.83%), Fat: 16.62g (25.56%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 55.47g (20.17%), Sugar: 13.52g (15.02%), Cholesterol: 0mg (0%), Sodium: 613.94mg

(26.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.47%), Vitamin A: 4272.3IU (85.45%), Manganese: 1.31mg (65.31%), Selenium: 40.63µg (58.04%), Vitamin K: 49.82µg (47.44%), Vitamin B3: 6.55mg (32.76%), Phosphorus: 300.25mg (30.02%), Magnesium: 110.22mg (27.55%), Fiber: 6.86g (27.44%), Copper: 0.54mg (27.17%), Folate: 108.4µg (27.1%), Vitamin E: 3.9mg (25.98%), Iron: 4.14mg (23.03%), Vitamin B6: 0.37mg (18.69%), Potassium: 646.83mg (18.48%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.29mg (17.22%), Zinc: 2.36mg (15.73%), Vitamin B5: 1.06mg (10.55%), Vitamin C: 6.98mg (8.46%), Calcium: 72.75mg (7.28%)