



Pappardelle with Lemon Gremolata and Asparagus

READY IN



25 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces asparagus cut into 2-inch-long slices (snap off tough ends before slicing)
- 2 tablespoons parsley fresh chopped
- 1 small garlic clove diced
- 0.3 cup cup heavy whipping cream
- 1 teaspoon lemon zest finely grated
- 8 ounces pappardelle uncooked (wide ribbon pasta)
- 0.1 teaspoon pepper freshly ground
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- sauce pan
- colander

Directions

- Combine chopped parsley, lemon zest, and diced garlic in a small bowl; set aside.
- Cook pasta in a large saucepan according to package directions. When 3 minutes of cooking time remains, add the asparagus; finish cooking.
- Drain in a colander; rinse with cold water.
- Heat the same saucepan over medium heat; add cream, 1/2 teaspoon salt, and 1/8 teaspoon pepper.
- Add pasta mixture to pan; toss to coat. Increase heat to medium-high; bring cream to a boil. Cook until almost all of the cream is absorbed (about 3 minutes), stirring constantly.
- Add half of gremolata to pan; cook 1 minute, stirring constantly.
- Transfer to serving bowls; top with remaining gremolata.
- Serve immediately.

Nutrition Facts



PROTEIN 13.17% **FAT 29.07%** **CARBS 57.76%**

Properties

Glycemic Index:28.33, Glycemic Load:11.58, Inflammation Score:-5, Nutrition Score:10.012173901434%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 199.15kcal (9.96%), Fat: 6.51g (10.02%), Saturated Fat: 3.51g (21.91%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 26.97g (9.81%), Sugar: 1.84g (2.04%), Cholesterol: 46.69mg (15.56%), Sodium: 206.91mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Selenium: 31.13µg (44.47%), Vitamin K: 38.28µg (36.46%), Manganese: 0.4mg (19.97%), Vitamin A: 616.33IU (12.33%), Phosphorus: 120.07mg (12.01%), Copper: 0.19mg (9.48%), Iron: 1.64mg (9.11%), Fiber: 2.14g (8.57%), Folate: 33.24µg (8.31%), Vitamin B1: 0.12mg (8.22%), Magnesium: 29.06mg (7.26%), Vitamin B2: 0.11mg (6.73%), Zinc: 0.98mg (6.56%), Vitamin B6: 0.13mg (6.44%), Vitamin B3: 1.19mg (5.97%), Vitamin C: 4.56mg (5.52%), Potassium: 191.66mg (5.48%), Vitamin B5: 0.49mg (4.92%), Vitamin E: 0.7mg (4.67%), Calcium: 34.52mg (3.45%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.32µg (2.17%)