



## Pasta Salad with Asparagus and Pecorino

READY IN



45 min.

SERVINGS



6

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound asparagus fresh trimmed cut into 1-inch pieces
- 2 tablespoons basil fresh chopped
- 0.5 cup kalamata olives pitted sliced
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.3 cup olive oil
- 1 cup pecorino cheese grated
- 1 pound penne pasta
- 0.5 cup pinenuts

- 0.8 cup pancetta chopped
- 7 ounce sun-dried tomatoes diced drained in oil

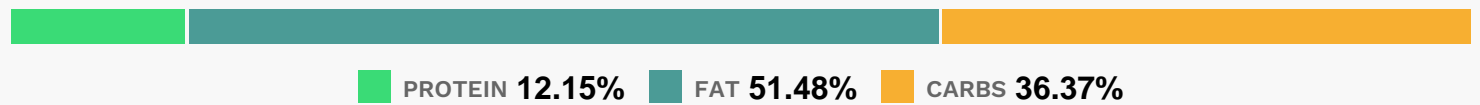
## Equipment

- bowl
- whisk

## Directions

- Whisk first 3 ingredients in a large bowl; set aside.
- Cook pasta according to package directions; add asparagus during the last 3 minutes of cooking pasta.
- Drain pasta and asparagus, and add to dressing, tossing to coat. Cover and chill.
- Stir in tomatoes and remaining ingredients, tossing gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:23.08, Inflammation Score:-8, Nutrition Score:27.372608635737%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 746.52kcal (37.33%), Fat: 43.51g (66.94%), Saturated Fat: 10.07g (62.96%), Carbohydrates: 69.16g (23.05%), Net Carbohydrates: 63.14g (22.96%), Sugar: 3.53g (3.93%), Cholesterol: 36.85mg (12.28%), Sodium: 665.15mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Manganese: 1.91mg (95.62%), Selenium: 58.2µg (83.14%), Vitamin C: 39.76mg (48.19%), Phosphorus: 443.95mg (44.4%), Copper: 0.63mg (31.51%), Vitamin K: 32.38µg (30.84%), Magnesium: 112.98mg (28.25%), Potassium: 918.21mg (26.23%), Vitamin E: 3.9mg (26%), Fiber: 6.02g (24.09%), Vitamin B3: 4.59mg (22.97%), Calcium: 229.6mg (22.96%), Vitamin

B1: 0.32mg (21.3%), Iron: 3.7mg (20.58%), Zinc: 3.05mg (20.32%), Vitamin B2: 0.34mg (19.97%), Vitamin B6: 0.36mg (17.99%), Vitamin A: 874.63IU (17.49%), Folate: 48.24µg (12.06%), Vitamin B5: 0.87mg (8.74%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.2µg (1.34%)