



Pasta with Asparagus

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb asparagus spears fresh trimmed cut into 2-inch lengths
- 0.5 cup balsamic vinaigrette dressing kraft
- 1 carrots cut into matchlike sticks
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 0.3 tsp ground pepper black
- 1 tsp lemon zest
- 0.5 cup 5%-less-sodium chicken broth
- 0.3 cup parmesan cheese grated kraft

0.5 lb pappardelle pasta uncooked

0.5 cup peas frozen

Equipment

frying pan

sauce pan

Directions

Cook pasta in large saucepan as directed on package, omitting salt and adding vegetables to the boiling water for the last 2 min.

Bring dressing, broth and garlic to boil in large skillet.

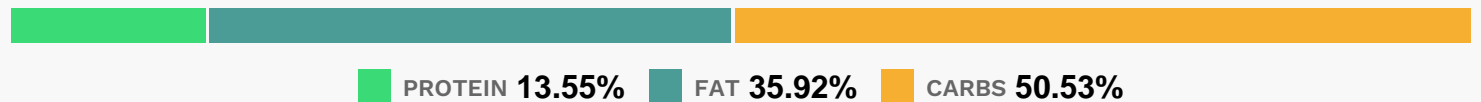
Drain pasta mixture.

Add to dressing mixture; stir to evenly coat.

Remove from heat.

Add parsley, lemon zest and pepper; mix lightly. Reserve 1 Tbsp. cheese. Toss remaining cheese with pasta mixture; top with reserved cheese.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:2.48, Inflammation Score:-4, Nutrition Score:2.7400000380433%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 53.52kcal (2.68%), Fat: 2.14g (3.29%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.15g (2.24%), Sugar: 0.66g (0.74%), Cholesterol: 7.32mg (2.44%), Sodium: 59.47mg (2.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Selenium: 6.6µg (9.42%), Vitamin A: 451.11IU (9.02%), Vitamin K: 8.25µg (7.86%), Manganese: 0.1mg (4.81%), Phosphorus: 34.18mg (3.42%), Fiber: 0.63g (2.51%),

Vitamin C: 2mg (2.42%), Copper: 0.05mg (2.28%), Vitamin B1: 0.03mg (2.16%), Folate: 8.55µg (2.14%), Iron: 0.38mg (2.12%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.36mg (1.82%), Magnesium: 7.13mg (1.78%), Vitamin B6: 0.03mg (1.71%), Calcium: 16.98mg (1.7%), Vitamin B2: 0.03mg (1.61%), Potassium: 54.08mg (1.55%), Vitamin B5: 0.1mg (1.04%)