



 **82%**  
HEALTH SCORE

## Pasta with Asparagus

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces angel hair pasta
- 1.5 pounds asparagus fresh trimmed cut into 1 inch pieces
- 0.3 cup chicken broth
- 0.5 teaspoon pepper red crushed
- 0.5 pound mushrooms fresh sliced
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese grated

### Equipment

frying pan

## Directions

- Cook pasta according to package instructions.
- Heat the olive oil in a nonstick skillet.
- Saute asparagus in the pan over medium heat for about 3 minutes.
- Add chicken broth and mushroom slices; cook 3 minutes more.
- Drain pasta, and transfer to a serving dish. Gently toss pasta with asparagus mixture; sprinkle with Parmesan and crushed red pepper.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:18.4, Inflammation Score:-9, Nutrition Score:24.853043727253%

## Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

## Nutrients (% of daily need)

Calories: 342kcal (17.1%), Fat: 8.32g (12.8%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 46.48g (16.9%), Sugar: 5.92g (6.58%), Cholesterol: 11.17mg (3.72%), Sodium: 287.05mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Selenium: 49.5µg (70.72%), Vitamin K: 73.4µg (69.91%), Manganese: 0.84mg (41.85%), Copper: 0.68mg (33.77%), Vitamin B2: 0.56mg (32.7%), Phosphorus: 324.96mg (32.5%), Vitamin A: 1468.48IU (29.37%), Folate: 109.12µg (27.28%), Iron: 4.79mg (26.61%), Fiber: 6.04g (24.16%), Vitamin B3: 4.75mg (23.73%), Vitamin B1: 0.35mg (23.15%), Potassium: 680.89mg (19.45%), Vitamin E: 2.66mg (17.73%), Zinc: 2.58mg (17.17%), Calcium: 166.38mg (16.64%), Vitamin B5: 1.6mg (16.03%), Magnesium: 63.86mg (15.97%), Vitamin B6: 0.31mg (15.48%), Vitamin C: 10.72mg (12.99%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.18µg (1.17%)