



## Pasta with Asparagus and Creamy Lemon Sauce

READY IN



8 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces angel hair pasta uncooked
- 2.5 cups asparagus sliced (1-inch) ( 1 pound)
- 1 tablespoon teaspoon dill dried fresh chopped
- 2 large eggs
- 0.8 cup milk fat-free
- 0.5 cup green onions chopped
- 0.1 teaspoon ground nutmeg
- 3 tablespoons juice of lemon fresh

- 1.5 teaspoons lemon rind grated
- 0.3 teaspoon salt
- 1 tablespoon stick margarine

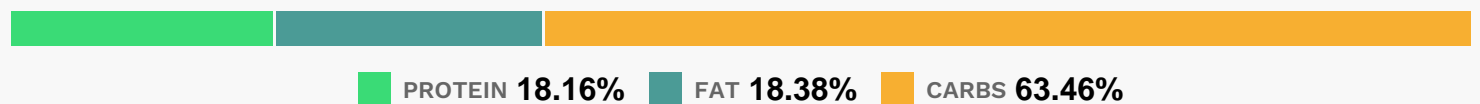
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Cook pasta in boiling water 4 minutes.
- Add asparagus; cook 2 minutes or until tender.
- Drain.
- While the pasta cooks, melt butter in a large skillet over medium heat.
- Add onions and rind; saut 1 minute.
- Add juice; cook 1 minute or until liquid almost evaporates.
- Combine milk and eggs in a small bowl; stir well with a whisk.
- Add pasta mixture and milk mixture to pan; stir well. Cook over low heat 3 minutes or until milk mixture is slightly thick, stirring constantly (do not boil). Stir in dill, salt, and nutmeg.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:56.06, Glycemic Load:18.45, Inflammation Score:-8, Nutrition Score:18.899999991707%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg

Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg, Quercetin: 13.14mg

## Nutrients (% of daily need)

Calories: 312.25kcal (15.61%), Fat: 6.42g (9.88%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 45.87g (16.68%), Sugar: 6.12g (6.81%), Cholesterol: 94.38mg (31.46%), Sodium: 241.84mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Selenium: 46.45µg (66.35%), Vitamin K: 60.85µg (57.95%), Manganese: 0.69mg (34.27%), Phosphorus: 256.03mg (25.6%), Vitamin A: 1127.55IU (22.55%), Vitamin B2: 0.34mg (20.03%), Folate: 77.01µg (19.25%), Copper: 0.35mg (17.74%), Iron: 3.18mg (17.65%), Fiber: 4.03g (16.11%), Vitamin C: 12.46mg (15.1%), Vitamin B1: 0.22mg (14.48%), Magnesium: 53.86mg (13.46%), Potassium: 456.66mg (13.05%), Zinc: 1.84mg (12.27%), Vitamin B6: 0.24mg (12.03%), Calcium: 118.85mg (11.88%), Vitamin B5: 1.05mg (10.51%), Vitamin E: 1.47mg (9.82%), Vitamin B3: 1.94mg (9.69%), Vitamin B12: 0.49µg (8.21%), Vitamin D: 1.01µg (6.7%)