



Pasta with Asparagus and Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups asparagus sliced (2-inch) (1 pound)
- 0.3 teaspoon pepper black freshly ground
- 6 cups crimini mushrooms sliced
- 0.5 cup wine dry white
- 2 teaspoons basil fresh chopped
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 8 ounces pappardelle uncooked (wide ribbon pasta)
- 2 ounces parmesan fresh divided grated

- 0.5 teaspoon salt
- 0.3 cup shallots diced
- 4 teaspoons stick margarine

Equipment

- bowl
- frying pan
- dutch oven
- colander

Directions

- Combine the first 3 ingredients, and set aside.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add shallots; saut 1 minute.
- Add mushrooms and salt; saut 5 minutes. Stir in wine; cook 1 minute. Reduce heat to low.
- Add 2 tablespoons parsley mixture; saute 2 minutes. Keep warm.
- Bring water to a boil in a large Dutch oven.
- Add pasta; cook 6 1/2 minutes.
- Add asparagus; cook 1 1/2 minutes or until asparagus is crisp-tender.
- Drain pasta mixture in a colander over a bowl, reserving 1/2 cup cooking liquid.
- Combine reserved cooking liquid, pasta mixture, mushroom mixture, and 1/4 cup cheese. Arrange 2 cups pasta mixture on each of 4 plates.
- Sprinkle evenly with remaining parsley mixture, 1/4 cup cheese, and 1/4 teaspoon pepper.

Nutrition Facts



PROTEIN 19.1% **FAT 24.75%** **CARBS 56.15%**

Properties

Glycemic Index:78, Glycemic Load:18.57, Inflammation Score:-8, Nutrition Score:28.780869649804%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 388.59kcal (19.43%), Fat: 10.4g (15.99%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 48.32g (17.57%), Sugar: 6.18g (6.87%), Cholesterol: 57.27mg (19.09%), Sodium: 590.22mg (25.66%), Alcohol: 3.09g (100%), Alcohol %: 1.28% (100%), Protein: 18.05g (36.1%), Selenium: 77.98µg (111.4%), Vitamin K: 90.61µg (86.3%), Manganese: 0.89mg (44.39%), Copper: 0.87mg (43.51%), Vitamin B2: 0.74mg (43.39%), Phosphorus: 422.52mg (42.25%), Vitamin B3: 6.12mg (30.61%), Potassium: 888.45mg (25.38%), Vitamin B5: 2.49mg (24.85%), Calcium: 243.38mg (24.34%), Folate: 92.13µg (23.03%), Vitamin A: 1148.83IU (22.98%), Vitamin B1: 0.32mg (21.37%), Zinc: 3.2mg (21.36%), Vitamin B6: 0.42mg (21.05%), Iron: 3.65mg (20.28%), Fiber: 4.74g (18.98%), Magnesium: 68.01mg (17%), Vitamin C: 10.8mg (13.1%), Vitamin E: 1.2mg (8%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 0.35µg (2.33%)