

 100%  
HEALTH SCORE

## Pasta with Asparagus, Cannellini Beans, and Porcini Cream

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound asparagus trimmed cut into 1-inch lengths
- 15 ounces cannellini beans drained and rinsed (or great northern beans)
- 0.5 ounce the following: parmesan rind) dried
- 1 clove garlic
- 2 teaspoons juice of lemon
- 1 pinch nutmeg
- 6 servings salt and pepper to taste

- 1 teaspoon cooking sherry
- 0.5 cup silken tofu light firm (or silken)
- 0.5 cup soymilk plain
- 0.5 cup water boiling
- 12 ounces pasta gluten-free whole wheat (I used campagnelle but could use or spirals)

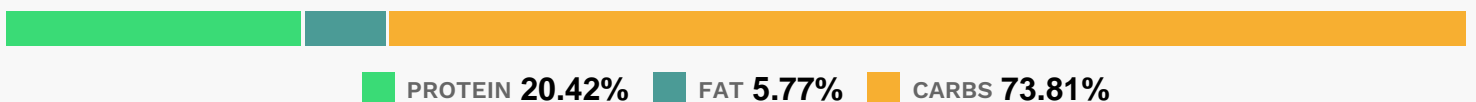
## Equipment

- bowl
- sauce pan
- pot
- sieve

## Directions

- Pour the boiling water over the mushrooms and soak until they are completely rehydrated, about 20 minutes. Strain them through a fine sieve or a coffee filter, catching and reserving the liquid; rinse them if gritty and chop. Set aside. Meanwhile, cook the pasta in a large pot of boiling water until al dente. When it's done, drain it, reserving 1/2 cup of the cooking water, and put pasta into a serving bowl. While the pasta's cooking, blend the silken tofu, soymilk, and garlic until smooth.
- Pour it into a saucepan, add a pinch of nutmeg and the reserved mushroom liquid and simmer for 5 minutes.
- Add the lemon juice, sherry, reserved mushrooms, and the drained beans.
- Add salt and pepper to taste. Simmer until beans are warm. And while that's cooking, steam the asparagus until tender but crisp, about 5 minutes.
- Add the asparagus to the cooked pasta and toss in the sauce. If it seems dry, add a little of the pasta cooking water.
- Add more salt or pepper to taste and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.07, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:26.029565044071%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

## Nutrients (% of daily need)

Calories: 325.42kcal (16.27%), Fat: 2.22g (3.41%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 63.84g (21.28%), Net Carbohydrates: 56.87g (20.68%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 213.54mg (9.28%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 17.66g (35.32%), Manganese: 2.26mg (113.07%), Selenium: 47.65µg (68.08%), Folate: 154.55µg (38.64%), Copper: 0.77mg (38.46%), Vitamin B1: 0.54mg (35.85%), Magnesium: 136.75mg (34.19%), Phosphorus: 323.11mg (32.31%), Iron: 5.5mg (30.57%), Vitamin K: 31.46µg (29.96%), Fiber: 6.97g (27.88%), Vitamin B3: 5.18mg (25.89%), Potassium: 656.12mg (18.75%), Zinc: 2.72mg (18.13%), Vitamin B2: 0.31mg (18.09%), Vitamin B6: 0.36mg (17.83%), Vitamin B5: 1.48mg (14.76%), Vitamin A: 649.84IU (13%), Calcium: 125.02mg (12.5%), Vitamin C: 7.46mg (9.04%), Vitamin E: 1.35mg (9.02%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.33µg (2.19%)