



Pasta with Asparagus, Lemon, and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups asparagus 1-inch
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 4 ounces pancetta very thin coarsely chopped
- ☐ 0.3 teaspoon salt

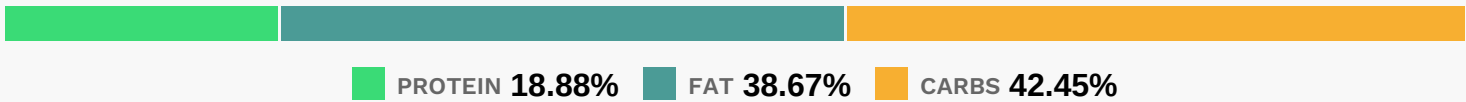
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium heat.
- ☐ Add asparagus and next 4 ingredients (asparagus through salt). Cover and cook 5 minutes or until tender, stirring occasionally. Stir in prosciutto; cook, uncovered, for 1 minute.
- ☐ Combine asparagus mixture, pasta, and cheese in a large bowl, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:20.22, Inflammation Score:-9, Nutrition Score:27.069999829583%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 23.44mg, Quercetin: 23.44mg, Quercetin: 23.44mg, Quercetin: 23.44mg

Nutrients (% of daily need)

Calories: 500.47kcal (25.02%), Fat: 21.81g (33.55%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 48g (17.45%), Sugar: 4.76g (5.29%), Cholesterol: 86.75mg (28.92%), Sodium: 690.62mg (30.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Selenium: 64.62µg (92.32%), Vitamin K: 73.12µg (69.64%), Phosphorus: 430.3mg (43.03%), Manganese: 0.83mg (41.56%), Calcium: 321.58mg (32.16%), Vitamin A: 1487.6IU (29.75%), Vitamin B1: 0.44mg (29.16%), Iron: 5.21mg (28.92%), Folate: 109.31µg (27.33%), Copper: 0.53mg (26.43%), Fiber: 5.86g (23.43%), Vitamin B2: 0.39mg (22.96%), Vitamin B3: 4.2mg (20.99%), Zinc: 3.06mg (20.41%), Vitamin B6: 0.39mg (19.64%), Magnesium: 74.48mg (18.62%), Vitamin E: 2.64mg (17.63%), Potassium: 582.21mg (16.63%), Vitamin C: 13.58mg (16.46%), Vitamin B5: 1.31mg (13.1%), Vitamin B12: 0.58µg (9.7%), Vitamin D: 0.41µg (2.74%)