



Pasta with Asparagus, Pancetta, and Pine Nuts

READY IN



40 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed
- 0.3 teaspoon pepper black freshly ground
- 8 ounces pasta uncooked
- 1 teaspoon garlic minced
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil extra virgin extra-virgin
- 2 ounces pancetta diced
- 1 ounce parmesan crumbled

3 tablespoons pinenuts

Equipment

bowl

frying pan

oven

whisk

Directions

Preheat oven to 40

Cook pasta according to package directions, omitting salt and fat; add asparagus to pan during last 3 minutes of cooking.

Drain.

Sprinkle pasta mixture with garlic; return to pan, and toss well.

Arrange pine nuts in a single layer on a jelly-roll pan.

Bake at 400 for 3 minutes or until golden and fragrant, stirring occasionally.

Place in a small bowl.

Increase oven temperature to 47

Arrange pancetta on jelly-roll pan.

Bake at 475 for 6 minutes or until crisp.

Combine lemon juice, olive oil, salt, and pepper, stirring with a whisk.

Drizzle over pasta mixture; toss well to coat.

Sprinkle with pine nuts, pancetta, and cheese.

Nutrition Facts



PROTEIN 15.42% FAT 35.32% CARBS 49.26%

Properties

Glycemic Index:40.75, Glycemic Load:17.81, Inflammation Score:-8, Nutrition Score:20.312608755153%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 391.16kcal (19.56%), Fat: 15.6g (24.01%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 44.43g (16.16%), Sugar: 4.17g (4.63%), Cholesterol: 14.17mg (4.72%), Sodium: 504.15mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.65%), Manganese: 1.39mg (69.62%), Selenium: 43.06µg (61.51%), Vitamin K: 52.81µg (50.3%), Phosphorus: 280.8mg (28.08%), Copper: 0.49mg (24.54%), Iron: 3.74mg (20.77%), Vitamin B1: 0.29mg (19.05%), Folate: 73.76µg (18.44%), Vitamin A: 921.26IU (18.43%), Fiber: 4.54g (18.17%), Magnesium: 70.43mg (17.61%), Vitamin E: 2.42mg (16.14%), Zinc: 2.27mg (15.15%), Vitamin B3: 3.01mg (15.02%), Vitamin B2: 0.25mg (14.6%), Potassium: 447.34mg (12.78%), Calcium: 127.51mg (12.75%), Vitamin B6: 0.25mg (12.4%), Vitamin C: 9.55mg (11.57%), Vitamin B5: 0.71mg (7.05%), Vitamin B12: 0.16µg (2.6%)