



Pasta with Goat Cheese, Lemon, and Asparagus

READY IN



15 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed cut into 1- to 1 1/2-inch pieces
- 5 ounce goat cheese fresh soft
- 0.3 cup olive oil
- 1 pound rotini pasta (spiral-shaped)
- 2 teaspoons tarragon fresh chopped for garnish

Equipment

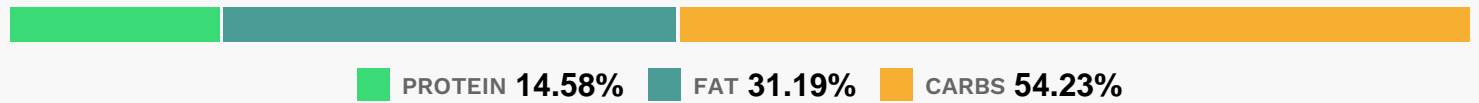
- bowl

pot

Directions

- Cook pasta in large pot of boiling salted water until almost tender, stirring occasionally, about 7 minutes.
- Add asparagus and cook until pasta is tender but still firm to bite, about 3 minutes longer.
- Meanwhile, combine oil, lemon peel, and chopped tarragon in large bowl. Coarsely crumble in goat cheese.
- Drain pasta and asparagus, reserving 1 cup cooking liquid.
- Add hot pasta, asparagus, and 1/4 cup reserved cooking liquid to bowl with cheese mixture. Toss to coat, adding more reserved liquid if dry. Season pasta to taste with salt and pepper.
- Transfer to shallow platter.
- Garnish with tarragon sprigs.

Nutrition Facts



Properties

Glycemic Index: 24, Glycemic Load: 23.32, Inflammation Score: -7, Nutrition Score: 17.060434999673%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 439.49kcal (21.97%), Fat: 15.26g (23.48%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 55.66g (20.24%), Sugar: 3.65g (4.06%), Cholesterol: 10.87mg (3.62%), Sodium: 93.58mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.1%), Selenium: 50.21µg (71.73%), Manganese: 0.89mg (44.47%), Vitamin K: 37.37µg (35.59%), Copper: 0.54mg (26.94%), Phosphorus: 244.76mg (24.48%), Iron: 3.32mg (18.42%), Vitamin A: 843.57IU (16.87%), Fiber: 4.06g (16.22%), Vitamin E: 2.28mg (15.17%), Vitamin B2: 0.25mg (14.74%), Folate: 57.58µg (14.4%), Magnesium: 56.74mg (14.19%), Vitamin B1: 0.19mg (12.96%), Vitamin B6: 0.25mg (12.56%), Zinc: 1.72mg (11.45%), Vitamin B3: 2.19mg (10.93%), Potassium: 347.66mg (9.93%), Calcium: 74.78mg (7.48%), Vitamin B5: 0.69mg (6.94%), Vitamin C: 4.57mg (5.54%)