



Pasta with Goat Cheese, Lemon, and Asparagus

READY IN



15 min.

SERVINGS



6

CALORIES



440 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
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.3 cup olive oil
- ☐ 1 pound rotini pasta (spiral-shaped)
- ☐ 2 teaspoons tarragon fresh chopped for garnish

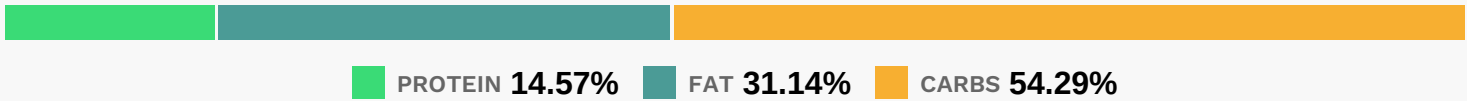
Equipment

- ☐ 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:17.174347644267%

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, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 439.96kcal (22%), Fat: 15.26g (23.48%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.72g (20.26%), Sugar: 3.69g (4.1%), Cholesterol: 10.87mg (3.62%), Sodium: 93.64mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.13%), Selenium: 50.22µg (71.74%), Manganese: 0.89mg (44.47%), Vitamin K: 37.37µg (35.59%), Copper: 0.54mg (26.99%), Phosphorus: 244.88mg (24.49%), Iron: 3.32mg (18.46%), Vitamin A: 844.07IU (16.88%), Fiber: 4.16g (16.65%), Vitamin E: 2.28mg (15.19%), Vitamin B2: 0.25mg (14.79%), Folate: 57.71µg (14.43%), Magnesium: 56.89mg (14.22%), Vitamin B1: 0.19mg (13%), Vitamin B6: 0.25mg (12.65%), Zinc: 1.72mg (11.47%), Vitamin B3: 2.19mg (10.95%), Potassium: 349.26mg (9.98%), Calcium:

76.12mg (7.61%), Vitamin C: 5.86mg (7.1%), Vitamin B5: 0.7mg (6.97%)