



Pasta with Green Vegetables and Herbs

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



640 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed cut into 1 1/2-inch pieces thin
- 0.8 teaspoon pepper black
- 1 cup feta cheese crumbled
- 2 cups basil fresh packed
- 2 cups basil fresh packed
- 0.5 cup parsley fresh coarsely chopped
- 1 cup mint leaves fresh packed
- 1 pound pasta

- 0.5 cup olive oil extra virgin extra-virgin
- 1 cup peas frozen
- 0.8 teaspoon salt
- 3 spring onion thinly sliced

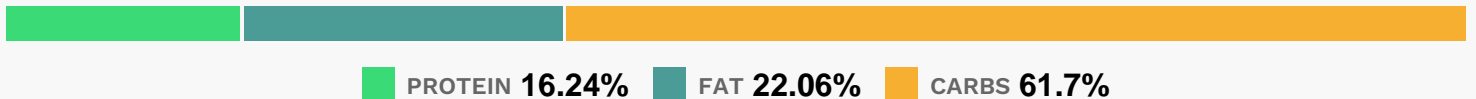
Equipment

- food processor
- bowl
- pot
- slotted spoon
- colander

Directions

- Cook asparagus in a 6- to 8-quart pot of boiling well-salted water until just tender, 4 to 6 minutes.
- Transfer with a slotted spoon to a large heatproof bowl, then add peas to boiling water and cook 2 minutes.
- Transfer peas with slotted spoon to bowl with asparagus, then add linguine to boiling water and cook until al dente.
- While linguine cooks, pulse basil, mint, oil, salt, pepper, and 1/2 cup feta in a food processor until chopped, then add to vegetables.
- Reserve 1/2 cup pasta-cooking water, then drain pasta in a colander. Stir reserved cooking water into vegetables, then add pasta, parsley, scallions, and remaining 1/2 cup feta and toss.

Nutrition Facts



Properties

Glycemic Index:95.33, Glycemic Load:36.91, Inflammation Score:-10, Nutrition Score:39.00347826087%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 16.79mg, Apigenin: 16.79mg, Apigenin: 16.79mg, Apigenin: 16.79mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 639.78kcal (31.99%), Fat: 15.8g (24.31%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 99.44g (33.15%), Net Carbohydrates: 89.5g (32.55%), Sugar: 7.56g (8.4%), Cholesterol: 33.38mg (11.13%), Sodium: 884.68mg (38.46%), Protein: 26.18g (52.35%), Vitamin K: 302.05µg (287.66%), Selenium: 80.71µg (115.29%), Manganese: 1.86mg (93.07%), Vitamin A: 3760.33IU (75.21%), Vitamin C: 40.41mg (48.99%), Phosphorus: 468.74mg (46.87%), Folate: 161.31µg (40.33%), Fiber: 9.94g (39.75%), Vitamin B2: 0.66mg (38.57%), Copper: 0.77mg (38.56%), Iron: 6.68mg (37.1%), Calcium: 333.6mg (33.36%), Magnesium: 125.63mg (31.41%), Vitamin B1: 0.45mg (29.84%), Zinc: 4.18mg (27.87%), Vitamin B6: 0.55mg (27.48%), Vitamin B3: 4.72mg (23.62%), Potassium: 799.97mg (22.86%), Vitamin E: 2.6mg (17.33%), Vitamin B5: 1.33mg (13.3%), Vitamin B12: 0.63µg (10.56%)