



Pasta with Peas, Asparagus, Butter Lettuce, and Prosciutto

READY IN



45 min.

SERVINGS



8

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds asparagus
- ☐ 6 ounces boston lettuce cored cut into 3/4-inch-wide slices
- ☐ 2 tablespoons butter ()
- ☐ 8 servings kosher salt
- ☐ 0.5 cup wine dry white
- ☐ 2 cups peas fresh shelled (from 2 pounds peas in pods)
- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for drizzling

- ☐ 1 cup parmesan cheese finely grated for sprinkling
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 1 pound soup noodles (trumpet-shaped shell-shaped (1-inch)
- ☐ 4 ounces pancetta thinly sliced
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 pound onion dark cut into 1/4-inch-thick slices, pale green parts cut into 1/2-inch-thick slices (green parts discarded)

Equipment

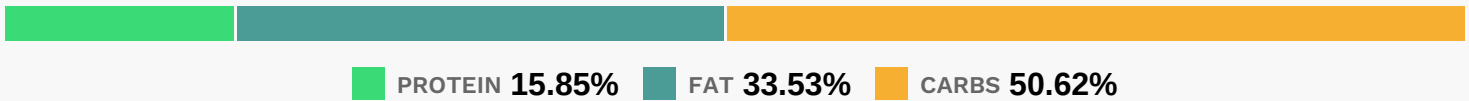
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon
- ☐ skimmer

Directions

- ☐ Melt butter with 2 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add onions and shallot.
- ☐ Sprinkle with coarse salt and pepper. Sauté until tender (do not brown), about 8 minutes.
- ☐ Add wine; increase heat to medium-high and simmer until liquid is reduced to glaze, about 3 minutes.
- ☐ Add broth and bring to simmer; set aside.
- ☐ Cook asparagus in large pot of boiling salted water until just tender, 2 to 4 minutes, depending on thickness of asparagus. Using skimmer or slotted spoon, transfer to large bowl of ice water. Return water to boil.
- ☐ Add peas and cook until just tender, about 2 minutes. Using skimmer, transfer to bowl with asparagus.
- ☐ Drain vegetables.
- ☐ Return water in pot to boil. Cook pasta until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking liquid.

- ☐ Meanwhile, reheat onion mixture.
- ☐ Addlettuce and stir just until wilted, about 1minute.
- ☐ Add drained asparagus and peas;stir until heated through.
- ☐ Add pasta, 1 cup Parmesan cheese,and parsley to skillet with vegetables; toss,adding reserved pasta cooking liquid by 1/4cupfuls if dry. Season with salt and pepper.
- ☐ Transfer pasta to large shallow bowl.
- ☐ Sprinkle prosciutto over; drizzle with oliveoil.
- ☐ Serve, passing more cheese alongside.

Nutrition Facts



Properties

Glycemic Index:34.04, Glycemic Load:19.68, Inflammation Score:-9, Nutrition Score:25.376521652159%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg, Isorhamnetin: 6.27mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 456.41kcal (22.82%), Fat: 16.76g (25.79%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 50.35g (18.31%), Sugar: 6.97g (7.75%), Cholesterol: 27.76mg (9.25%), Sodium: 545.64mg (23.72%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 17.83g (35.65%), Vitamin K: 130.44µg (124.22%), Selenium: 46.02µg (65.74%), Manganese: 0.92mg (46.05%), Vitamin A: 2141.88IU (42.84%), Vitamin C: 27.33mg (33.13%), Phosphorus: 317.08mg (31.71%), Folate: 106.46µg (26.61%), Fiber: 6.59g (26.34%), Vitamin B1: 0.34mg (22.83%), Iron: 3.88mg (21.57%), Copper: 0.43mg (21.49%), Vitamin B3: 3.52mg (17.58%), Calcium: 175.59mg (17.56%), Magnesium: 69.72mg (17.43%), Zinc: 2.59mg (17.29%), Vitamin B2: 0.29mg (17.02%), Vitamin B6: 0.34mg (16.98%), Potassium: 583.12mg (16.66%), Vitamin E: 1.85mg (12.36%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.26µg (4.34%)