

 **53%**
HEALTH SCORE

Penne with Asparagus and Cherry Tomatoes (Spring)

READY IN



15 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds asparagus trimmed cut into 1-inch pieces thin
- 9 ounces cherry tomatoes
- 2 tablespoons basil leaves fresh chopped
- 1 cup peas fresh shelled
- 2 garlic cloves minced
- 0.5 cup chicken stock see low-sodium
- 3 tablespoons olive oil
- 1 cup parmesan grated

- 8 ounces penne pasta
- 6 servings salt and pepper black freshly ground

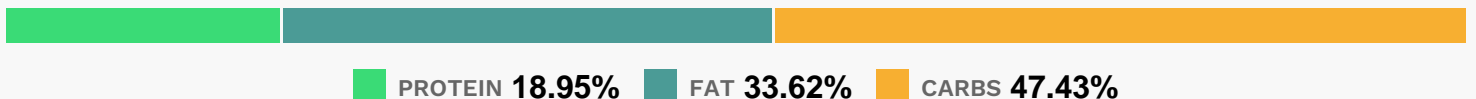
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain the pasta, reserving about 1/2 cup of the pasta water.
- In a large saute pan, heat the oil over medium-high heat.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the asparagus, season with the salt and pepper, and cook for 3 minutes until slightly soft.
- Add the cherry tomatoes and peas. Cook for 2 minutes.
- Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes.
- Transfer the asparagus mixture to a large serving bowl.
- Add the cooked pasta and 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta.
- Garnish with the remaining Parmesan and chopped basil.

Nutrition Facts



Properties

Glycemic Index:46.22, Glycemic Load:13.18, Inflammation Score:-8, Nutrition Score:20.498260987842%

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: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 322.4kcal (16.12%), Fat: 12.29g (18.9%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 39g (13%), Net Carbohydrates: 33.67g (12.24%), Sugar: 5.74g (6.38%), Cholesterol: 11.33mg (3.78%), Sodium: 283.68mg (12.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Vitamin K: 61.84µg (58.9%), Selenium: 31.04µg (44.35%), Manganese: 0.71mg (35.5%), Vitamin C: 26.14mg (31.69%), Phosphorus: 292.04mg (29.2%), Vitamin A: 1416.08IU (28.32%), Calcium: 247.5mg (24.75%), Folate: 88.67µg (22.17%), Fiber: 5.32g (21.29%), Iron: 3.83mg (21.26%), Copper: 0.42mg (21.01%), Vitamin B1: 0.28mg (18.97%), Vitamin E: 2.64mg (17.63%), Vitamin B2: 0.29mg (16.87%), Potassium: 504.65mg (14.42%), Vitamin B3: 2.81mg (14.06%), Magnesium: 56.09mg (14.02%), Zinc: 2mg (13.34%), Vitamin B6: 0.26mg (13.11%), Vitamin B5: 0.64mg (6.38%), Vitamin B12: 0.22µg (3.66%)