



Penne with Asparagus, Peas, Mushrooms and Cream

READY IN



40 min.

SERVINGS



40

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus thin
- ☐ 1.5 cups baby peas frozen thawed
- ☐ 3 tablespoons flat-leaf parsley finely chopped
- ☐ 2.3 cups heavy cream
- ☐ 3 tablespoons olive oil extra-virgin plus more for grilling
- ☐ 0.8 cup parmigiano-reggiano cheese freshly grated
- ☐ 1.5 pounds penne rigate
- ☐ 40 servings pepper freshly ground

- ☐ 40 servings salt
- ☐ 3 medium shallots minced
- ☐ 0.8 pound mushroom caps thinly sliced

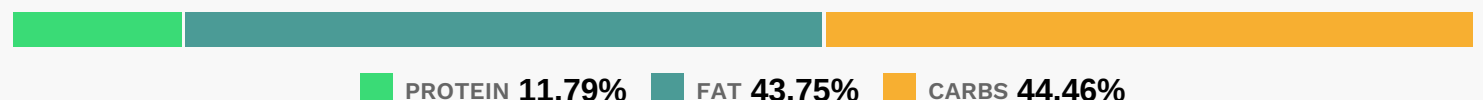
Equipment

- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a cast-iron grill pan.
- ☐ Brush the asparagus with olive oil and season lightly with salt and pepper. Grill the asparagus over high heat, turning, until it is lightly charred and very tender, about 6 minutes.
- ☐ Cut the asparagus into 1-inch lengths.
- ☐ In a very large, deep skillet, heat the 3 tablespoons of olive oil.
- ☐ Add the shallots and cook over moderate heat until fragrant, about 1 minute.
- ☐ Add the shiitake, season with salt and pepper and cook, stirring once or twice, until the mushrooms are golden and tender, about 8 minutes.
- ☐ Add the cream and bring to a boil. Simmer until slightly reduced, about 4 minutes.
- ☐ Meanwhile, in a large pot of boiling salted water, cook the pasta until al dente.
- ☐ Drain the pasta, reserving 3/4 cup of the cooking water.
- ☐ Add the pasta to the skillet along with the asparagus, peas and grated cheese and toss well.
- ☐ Add the reserved pasta water and simmer, tossing, until the pasta is nicely coated. Season the pasta with salt and pepper and stir in the parsley.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:5.61, Inflammation Score:-4, Nutrition Score:5.1652174203292%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 136.53kcal (6.83%), Fat: 6.71g (10.32%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 13.94g (5.07%), Sugar: 1.73g (1.93%), Cholesterol: 16.4mg (5.47%), Sodium: 230.16mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Selenium: 12.45µg (17.78%), Manganese: 0.24mg (11.77%), Vitamin K: 12.27µg (11.69%), Phosphorus: 75.68mg (7.57%), Vitamin A: 364.66IU (7.29%), Fiber: 1.4g (5.6%), Vitamin B2: 0.08mg (4.95%), Copper: 0.1mg (4.89%), Vitamin B3: 0.87mg (4.33%), Vitamin C: 3.44mg (4.17%), Magnesium: 16.58mg (4.14%), Vitamin B6: 0.08mg (4.1%), Calcium: 40.54mg (4.05%), Folate: 15.38µg (3.84%), Iron: 0.67mg (3.7%), Zinc: 0.55mg (3.68%), Potassium: 123.71mg (3.53%), Vitamin B1: 0.05mg (3.48%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.29mg (2.88%), Vitamin D: 0.26µg (1.72%)