



Penne with Roasted Asparagus and Balsamic Butter

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus
- 0.5 cup balsamic vinegar
- 0.5 teaspoon brown sugar
- 0.3 pound butter cut into pieces
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated plus more for serving
- 1 pound penne pasta

- 2 teaspoons salt

Equipment

- baking sheet
- sauce pan
- oven
- pot

Directions

- Heat the oven to 400.
- Snap the tough ends off the asparagus and discard them.
- Cut the spears into 1-inch pieces.
- Put the asparagus on a baking sheet and toss with the oil and 1/4 teaspoon each of the salt and pepper. Roast until tender, about 10 minutes.
- Meanwhile, put the vinegar in a small saucepan. Simmer until 3 tablespoons remain. Stir in the brown sugar and the remaining 1/4 teaspoon pepper.
- Remove from the heat.
- Cook the penne in a large pot of boiling, salted water until just done, about 13 minutes.
- Drain the pasta and toss with the butter, vinegar, asparagus, Parmesan, and the remaining 1 3/4 teaspoons salt.
- Serve with additional Parmesan.
- Variations: Penne with Roasted Broccoli and Balsamic Butter: When asparagus is not in season, cut 1 pound of broccoli into small spears for roasting. Toss them with 2 tablespoons oil and 1/4 teaspoon each of salt and pepper and roast for about 15 minutes. Continue with step 4.
- Penne with Roasted Vegetables, Toasted Nuts, and Balsamic Butter: Toss in 1/3 cup of toasted pine nuts, hazelnuts, or walnuts at the end with either asparagus or broccoli.
- Wine Recommendation: Balsamic vinegar, Parmesan cheese, and especially asparagus will be best served by a wine with plenty of acidity. Look for a Sancerre from the Loire Valley in France (made from sauvignon blanc grapes) or a sauvignon blanc from Italy.

Nutrition Facts

PROTEIN 10.88% FAT 37.23% CARBS 51.89%

Properties

Glycemic Index:51.5, Glycemic Load:37.44, Inflammation Score:-9, Nutrition Score:23.681739103535%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 743.25kcal (37.16%), Fat: 30.68g (47.2%), Saturated Fat: 16.71g (104.43%), Carbohydrates: 96.2g (32.07%), Net Carbohydrates: 90.13g (32.77%), Sugar: 10.43g (11.59%), Cholesterol: 68.2mg (22.73%), Sodium: 1507.52mg (65.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.34%), Selenium: 77.5µg (110.71%), Manganese: 1.3mg (65.15%), Vitamin K: 51.93µg (49.46%), Phosphorus: 339.4mg (33.94%), Vitamin A: 1639.2IU (32.78%), Copper: 0.56mg (27.91%), Fiber: 6.07g (24.29%), Iron: 4.23mg (23.5%), Magnesium: 83.79mg (20.95%), Folate: 80.78µg (20.19%), Vitamin B1: 0.27mg (17.88%), Zinc: 2.63mg (17.53%), Vitamin E: 2.61mg (17.42%), Vitamin B2: 0.27mg (15.69%), Potassium: 544.04mg (15.54%), Vitamin B3: 3.06mg (15.29%), Calcium: 142.38mg (14.24%), Vitamin B6: 0.27mg (13.64%), Vitamin B5: 0.86mg (8.62%), Vitamin C: 6.35mg (7.7%), Vitamin B12: 0.16µg (2.68%)