



Penne with Spring Vegetables

READY IN



25 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus fresh trimmed cut into 1/2 inch pieces
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated
- 8 ounce penne pasta dry
- 4 servings salt and pepper to taste
- 8 ounce sugar snap peas trimmed

Equipment

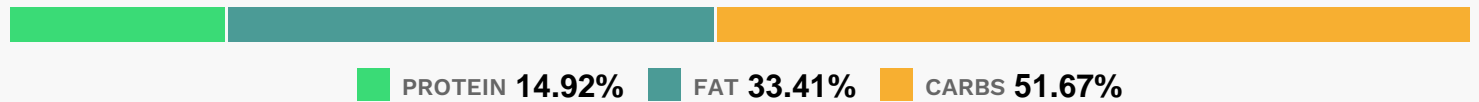
- bowl

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add asparagus, and cook for 2 minutes.
- Add peas, and cook for 2 more minutes.
- Transfer to a large bowl; set aside.
- Add pasta to boiling water, and cook for 8 to 10 minutes or until al dente; drain.
- Place pasta in the bowl with asparagus and peas. Toss with olive oil, Parmesan, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:17.67, Inflammation Score:-9, Nutrition Score:22.965217391304%

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 Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 402.29kcal (20.11%), Fat: 15.11g (23.24%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 46.9g (17.05%), Sugar: 5.92g (6.58%), Cholesterol: 10.88mg (3.63%), Sodium: 420.69mg (18.29%), Protein: 15.18g (30.35%), Vitamin K: 67.94µg (64.7%), Selenium: 43.21µg (61.73%), Vitamin C: 40.37mg (48.93%), Manganese: 0.85mg (42.43%), Vitamin A: 1581.73IU (31.63%), Phosphorus: 275.43mg (27.54%), Iron: 4.46mg (24.78%), Folate: 93.74µg (23.43%), Fiber: 5.67g (22.68%), Copper: 0.43mg (21.41%), Vitamin E: 3.14mg (20.94%), Vitamin B1: 0.3mg (20.11%), Calcium: 174.23mg (17.42%), Vitamin B2: 0.28mg (16.61%), Magnesium: 63.91mg (15.98%), Vitamin B6: 0.28mg (14.23%), Potassium: 492.05mg (14.06%), Zinc: 2.11mg (14.04%), Vitamin B3: 2.42mg (12.11%), Vitamin B5: 1.02mg (10.21%), Vitamin B12: 0.17µg (2.81%)