



Penne with Zucchini, Asparagus and Parmigiano Reggiano Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch asparagus diced
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon oregano chopped
- ☐ 1 cup parmigiano reggiano cheese shaved
- ☐ 1 box barilla veggie penne
- ☐ 6 servings salt and pepper black to taste
- ☐ 2 small zucchini diced

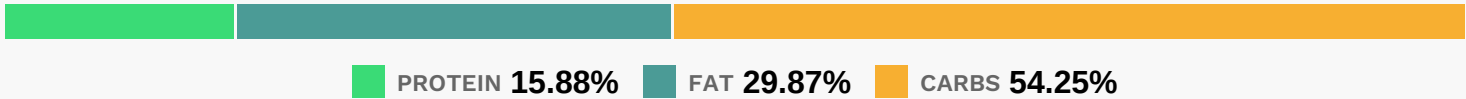
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ In a large skillet saute garlic and oregano in olive oil until slightly yellow in color.
- ☐ Add zucchini and asparagus and saute for 3–4 minutes. Season with salt and pepper.
- ☐ Cook pasta 1 minute less than package directions.
- ☐ Drain pasta, reserving 1 cup cooking water.
- ☐ Add cooking water to sauce and bring to a simmer.
- ☐ Add pasta to sauce and toss.
- ☐ Remove from the heat and add Parmigiano Reggiano cheese. Toss to combine and serve.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:23.27, Inflammation Score:-9, Nutrition Score:19.434348005316%

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: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 450.73kcal (22.54%), Fat: 15.02g (23.12%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 61.41g (20.47%), Net Carbohydrates: 56.68g (20.61%), Sugar: 4.57g (5.08%), Cholesterol: 11.33mg (3.78%), Sodium: 470.42mg (20.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Selenium: 53.06µg (75.8%), Manganese: 0.93mg (46.48%), Vitamin K: 44.06µg (41.96%), Phosphorus: 313.36mg (31.34%), Calcium: 251.8mg

(25.18%), Copper: 0.39mg (19.58%), Fiber: 4.73g (18.93%), Iron: 3.23mg (17.95%), Magnesium: 67.04mg (16.76%), Vitamin E: 2.51mg (16.74%), Folate: 65.1µg (16.27%), Vitamin A: 790.05IU (15.8%), Vitamin B2: 0.25mg (14.59%), Vitamin C: 11.42mg (13.84%), Zinc: 2.08mg (13.84%), Vitamin B6: 0.27mg (13.45%), Vitamin B1: 0.2mg (13.43%), Potassium: 449.38mg (12.84%), Vitamin B3: 2.27mg (11.37%), Vitamin B5: 0.7mg (6.95%), Vitamin B12: 0.2µg (3.33%)