



Pizzichi With Spring Veggies

READY IN



25 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 1 inch asparagus sliced ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 3 ounces haricots verts trimmed cut into 1-inch pieces (3/4 cup)
- ☐ 1.5 cups chicken stock see low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups onion diced
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon salt

- ☐ 4 slices at least of turkey bacon cut into 1/4-inch-wide strips
- ☐ 8 ounces pizzichi whole-wheat uncooked

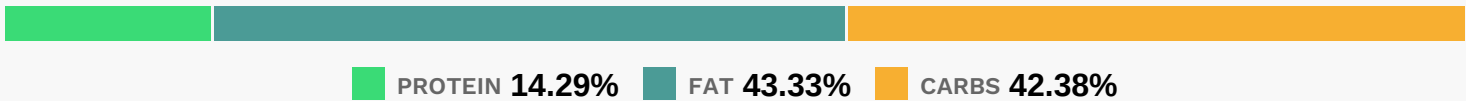
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a pot of water to a boil. Immerse asparagus and haricots verts in water 12 minutes or until bright green.
- ☐ Remove with slotted spoon; place vegetables in a towel to keep warm. Bring water back to a boil; add pasta. Cook 14 minutes or until al dente.
- ☐ Drain; set aside.
- ☐ Meanwhile, heat oil in a skillet over medium-high heat.
- ☐ Add bacon; cook 34 minutes or until crisp, stirring frequently. Set aside; reduce heat to medium-low.
- ☐ Add onion; season with salt and pepper. Cook 5 minutes or until translucent.
- ☐ Add chicken stock; raise heat to high. Cook 23 minutes or until stock has reduced by half.
- ☐ Add reserved asparagus, haricots verts, and turkey bacon; cook 1 minute or until heated through. Toss with pasta.
- ☐ Add cheese and two-thirds mint, and toss to combine.
- ☐ Transfer to a serving platter, and garnish with remaining mint.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.47, Inflammation Score:-5, Nutrition Score:7.873913085979%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.82mg, Quercetin: 10.82mg, Quercetin: 10.82mg, Quercetin: 10.82mg

Nutrients (% of daily need)

Calories: 421.24kcal (21.06%), Fat: 20.14g (30.99%), Saturated Fat: 5.5g (34.34%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 38.54g (14.02%), Sugar: 4.14g (4.6%), Cholesterol: 21.77mg (7.26%), Sodium: 467.69mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.89%), Fiber: 5.78g (23.11%), Phosphorus: 136.22mg (13.62%), Vitamin K: 14.17µg (13.49%), Vitamin B3: 2.37mg (11.87%), Selenium: 7.74µg (11.05%), Calcium: 105.37mg (10.54%), Vitamin C: 7.22mg (8.76%), Manganese: 0.17mg (8.52%), Vitamin B6: 0.17mg (8.43%), Vitamin E: 1.25mg (8.34%), Potassium: 271.91mg (7.77%), Vitamin B1: 0.11mg (7.12%), Vitamin A: 352.89IU (7.06%), Vitamin B2: 0.12mg (6.9%), Zinc: 0.88mg (5.88%), Copper: 0.1mg (5.21%), Vitamin B12: 0.31µg (5.18%), Folate: 20.57µg (5.14%), Magnesium: 19.31mg (4.83%), Iron: 0.85mg (4.7%), Vitamin B5: 0.27mg (2.72%)