



Prosciutto and Asparagus Pasta

READY IN



25 min.

SERVINGS



4

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces angel hair pasta
- 1 pound asparagus trimmed cut into 1-in. pieces
- 0.5 teaspoon pepper
- 2 garlic clove minced
- 1.3 cups cup heavy whipping cream
- 2 cups mushrooms sliced
- 1 tablespoon olive oil
- 0.5 large onion sliced
- 0.3 cup parmesan cheese grated

- 0.5 teaspoon pepper
- 4 ounces pancetta thinly sliced cut into strips

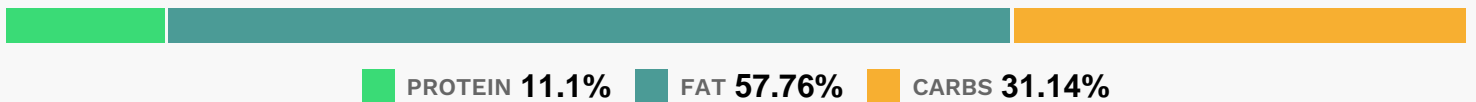
Equipment

- frying pan
- pot

Directions

- Cook pasta according to package directions.
- Drain and return to pot.
- Meanwhile, heat oil in a large frying pan over medium-high heat. Cook onion, garlic, and mushrooms until fragrant, about 2 minutes.
- Add prosciutto and asparagus and cook until asparagus is bright green, about 2 minutes.
- Add cream, 1/4 cup cheese, the pepper, and chile flakes. Reduce heat to simmer and cook until sauce has thickened, about 4 minutes.
- Pour sauce with vegetables over pasta and toss to coat.
- Serve with more parmesan.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:18.57, Inflammation Score:-9, Nutrition Score:24.685217463452%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.4mg, Isorhamnetin: 7.4mg, Isorhamnetin: 7.4mg, Isorhamnetin: 7.4mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.69mg, Quercetin: 19.69mg, Quercetin: 19.69mg, Quercetin: 19.69mg

Nutrients (% of daily need)

Calories: 683.01kcal (34.15%), Fat: 44.58g (68.58%), Saturated Fat: 22.57g (141.08%), Carbohydrates: 54.08g (18.03%), Net Carbohydrates: 48.91g (17.78%), Sugar: 7.6g (8.45%), Cholesterol: 108.19mg (36.06%), Sodium:

330.42mg (14.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.55%), Selenium: 53.39µg (76.28%), Vitamin K: 52.6µg (50.09%), Vitamin A: 2091.16IU (41.82%), Manganese: 0.82mg (40.81%), Vitamin B2: 0.58mg (34.16%), Phosphorus: 339.87mg (33.99%), Copper: 0.57mg (28.55%), Vitamin B3: 5.06mg (25.31%), Vitamin B1: 0.36mg (23.96%), Folate: 84.4µg (21.1%), Iron: 3.77mg (20.97%), Fiber: 5.18g (20.7%), Potassium: 688.05mg (19.66%), Vitamin B6: 0.39mg (19.36%), Vitamin E: 2.79mg (18.62%), Vitamin B5: 1.68mg (16.79%), Zinc: 2.51mg (16.72%), Magnesium: 64.09mg (16.02%), Calcium: 155.31mg (15.53%), Vitamin C: 9.66mg (11.71%), Vitamin D: 1.43µg (9.54%), Vitamin B12: 0.36µg (6.07%)