



Roasted-Asparagus Pasta Primavera

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds asparagus spears
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon bottled garlic minced
- 1 cup matchstick carrots
- 1 pint grape tomatoes
- 1 teaspoon olive oil
- 0.7 cup parmesan cheese fresh grated
- 8 ounces penne pasta) (tube-shaped uncooked
- 0.5 teaspoon salt

0.8 cup whipping cream

Equipment

oven

roasting pan

Directions

Preheat oven to 45

Snap off tough ends of asparagus, and cut asparagus into 1-inch pieces.

Combine asparagus and next 3 ingredients in a large roasting pan.

Drizzle with olive oil, and sprinkle with salt and pepper; toss gently to coat.

Bake at 450 for 15 minutes or until vegetables begin to brown, stirring vegetables after 10 minutes.

Add tomatoes, and cook an additional 5 minutes.

While vegetables roast, cook pasta according to package directions, omitting salt and fat.

Drain well, reserving 1/3 cup pasta water.

Combine vegetables, pasta, reserved 1/3 cup pasta water, and whipping cream; toss gently to coat.

Sprinkle with cheese.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.31, Glycemic Load:13.66, Inflammation Score:-10, Nutrition Score:22.291739111361%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin:

0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 337.91kcal (16.9%), Fat: 15.2g (23.38%), Saturated Fat: 8.94g (55.87%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 34.09g (12.4%), Sugar: 7.19g (7.99%), Cholesterol: 41.17mg (13.72%), Sodium: 403.19mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.39%), Vitamin A: 5602.8IU (112.06%), Vitamin K: 57.95µg (55.19%), Selenium: 30.03µg (42.91%), Manganese: 0.67mg (33.69%), Phosphorus: 252.57mg (25.26%), Vitamin C: 18.85mg (22.85%), Folate: 83.66µg (20.92%), Fiber: 5.17g (20.69%), Calcium: 203.27mg (20.33%), Copper: 0.39mg (19.51%), Iron: 3.34mg (18.58%), Vitamin B2: 0.3mg (17.87%), Potassium: 611.51mg (17.47%), Vitamin B1: 0.25mg (16.77%), Vitamin E: 2.29mg (15.24%), Vitamin B6: 0.28mg (14.02%), Magnesium: 54.47mg (13.62%), Vitamin B3: 2.49mg (12.43%), Zinc: 1.72mg (11.46%), Vitamin B5: 0.73mg (7.34%), Vitamin D: 0.53µg (3.54%), Vitamin B12: 0.18µg (3.02%)