



Spaghetti Alfredo with Roasted Asparagus

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus trimmed cut into 2-inch pieces 2 1/2 cups
- ☐ 1 teaspoon butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 2 cups milk 1% low-fat
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces parmigiano-reggiano cheese grated
- ☐ 1 teaspoon salt
- ☐ 16 ounces pasta like spaghetti whole-wheat uncooked

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 425
- ☐ Place first 4 ingredients in a blender; process 15 seconds or until smooth.
- ☐ Melt butter in a saucepan over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add milk mixture to pan; cook, stirring constantly with a whisk, 5 minutes or until mixture simmers. Cook, stirring constantly with a whisk, 2 minutes or until thick.
- ☐ Remove from heat; stir in cheese, and cover.
- ☐ Place asparagus on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 10 minutes or until browned, stirring once.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain well.
- ☐ Place pasta and asparagus in a large bowl.
- ☐ Add cheese mixture and oil, tossing well.
- ☐ Serve immediately.
- ☐ Trim asparagus by breaking off ends
- ☐ Break uncooked spaghetti into smaller pieces
- ☐ Help grate and measure
- ☐ Parmigiano-Reggiano cheese
- ☐ Stir together pasta, asparagus, cheese mixture, and oil

Nutrition Facts



 **PROTEIN 19.3%**  **FAT 23.45%**  **CARBS 57.25%**

Properties

Glycemic Index:26.75, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:21.083913181139%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 333.51kcal (16.68%), Fat: 9.11g (14.02%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 48.8g (17.74%), Sugar: 4.12g (4.58%), Cholesterol: 13.93mg (4.64%), Sodium: 550.76mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.75%), Manganese: 1.86mg (92.93%), Selenium: 47.93µg (68.46%), Phosphorus: 338.81mg (33.88%), Calcium: 281.14mg (28.11%), Vitamin B1: 0.41mg (27.6%), Magnesium: 103.05mg (25.76%), Vitamin K: 26.06µg (24.82%), Iron: 3.52mg (19.53%), Copper: 0.38mg (18.8%), Vitamin B3: 3.69mg (18.44%), Vitamin B2: 0.3mg (17.73%), Folate: 67.46µg (16.86%), Zinc: 2.32mg (15.47%), Vitamin A: 670.71IU (13.41%), Vitamin B6: 0.24mg (12.06%), Vitamin B5: 1.01mg (10.06%), Potassium: 350.05mg (10%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.2mg (8.03%), Fiber: 1.26g (5.06%), Vitamin D: 0.72µg (4.8%), Vitamin C: 3.53mg (4.27%)