



 **100%**
HEALTH SCORE

Spaghetti With Asparagus and Lemon

 Very Healthy

READY IN



23 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus
- 1 optional: lemon
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese divided finely grated
- 1 pound spaghetti whole-wheat

Equipment

- bowl
- pot

peeler

Directions

- Cook pasta according to package directions in salted water; reserve 1/2 cup pasta water. While pasta cooks, grate zest from lemon and squeeze 2 tablespoons juice into a small dish. Trim asparagus; peel into ribbons with a vegetable peeler.
- Return pasta to pot; toss with asparagus, lemon zest and juice, 1/4 cup cheese, oil, 1/4 teaspoon each salt and freshly ground pepper, and enough pasta water to make a thin sauce. Divide among 4 bowls; top each with 1 tablespoon Parmesan.

Nutrition Facts

PROTEIN 16.92% **FAT 14.52%** **CARBS 68.56%**

Properties

Glycemic Index:14.38, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:31.136956314678%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg, Quercetin: 16.16mg

Nutrients (% of daily need)

Calories: 508.7kcal (25.43%), Fat: 8.8g (13.55%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 93.55g (31.18%), Net Carbohydrates: 90.41g (32.88%), Sugar: 2.82g (3.13%), Cholesterol: 10.88mg (3.63%), Sodium: 230.7mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Manganese: 3.66mg (183.11%), Selenium: 89.87µg (128.39%), Vitamin B1: 0.73mg (48.65%), Vitamin K: 49.49µg (47.14%), Magnesium: 184.57mg (46.14%), Phosphorus: 435.1mg (43.51%), Iron: 6.78mg (37.67%), Copper: 0.74mg (37.21%), Vitamin B3: 6.96mg (34.82%), Folate: 127.32µg (31.83%), Zinc: 3.86mg (25.72%), Vitamin C: 20.66mg (25.04%), Vitamin B2: 0.37mg (21.8%), Vitamin A: 971.35IU (19.43%), Vitamin B6: 0.39mg (19.39%), Calcium: 190.13mg (19.01%), Potassium: 533.16mg (15.23%), Vitamin B5: 1.52mg (15.18%), Vitamin E: 1.89mg (12.6%), Fiber: 3.14g (12.55%), Vitamin B12: 0.17µg (2.81%)