



 17%
HEALTH SCORE

Spaghetti with Asparagus, Shiitake Mushrooms, Lemon, and Chives

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces asiago cheese shaved
- 1 pound asparagus ends trimmed
- 4 tablespoons butter divided
- 0.3 cup chives fresh chopped
- 1 pound mushroom caps fresh stemmed sliced
- 6 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest grated

- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup shallots thinly sliced (4)
- 12 ounces pasta like spaghetti
- 1.8 cups vegetable stock

Equipment

- bowl
- frying pan
- pot

Directions

- Cook spaghetti in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- Drain.
- Transfer pasta to large wide bowl.
- Meanwhile, melt 2 tablespoons butter with oil in heavy large skillet over medium heat.
- Add shallots; sauté 1 minute.
- Add shiitake mushrooms; sprinkle with salt and pepper. Sauté shiitake mixture until soft, about 6 minutes.
- Add lemon juice; cook 1 minute.
- Add broth and lemon peel. Bring to boil, then reduce to medium and simmer until liquid is reduced by half, about 6 minutes.
- Add asparagus to mushroom mixture; simmer until asparagus turns bright green, about 2 minutes.
- Add chives and remaining 2 tablespoons butter and stir until butter melts. Season sauce to taste with salt and pepper.
- Pour sauce over pasta; toss to coat. Top with shaved Asiago and serve.
- *Available at some supermarkets, and at Italian markets and specialty food stores.

Nutrition Facts



■ PROTEIN 15.65% ■ FAT 35.8% ■ CARBS 48.55%

Properties

Glycemic Index:50.5, Glycemic Load:19.87, Inflammation Score:-8, Nutrition Score:22.037391310153%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 455.33kcal (22.77%), Fat: 18.51g (28.47%), Saturated Fat: 8.74g (54.64%), Carbohydrates: 56.47g (18.82%), Net Carbohydrates: 50.36g (18.31%), Sugar: 7.48g (8.31%), Cholesterol: 32.92mg (10.97%), Sodium: 651.39mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.4%), Selenium: 46.5µg (66.43%), Manganese: 0.88mg (44.13%), Phosphorus: 378.66mg (37.87%), Vitamin K: 39µg (37.14%), Calcium: 268.69mg (26.87%), Fiber: 6.12g (24.46%), Vitamin B3: 4.76mg (23.79%), Vitamin A: 1173.11IU (23.46%), Vitamin B6: 0.47mg (23.36%), Vitamin B2: 0.38mg (22.32%), Copper: 0.44mg (22.17%), Folate: 72.53µg (18.13%), Vitamin B5: 1.77mg (17.67%), Potassium: 616.48mg (17.61%), Magnesium: 70.15mg (17.54%), Zinc: 2.61mg (17.42%), Iron: 3.13mg (17.39%), Vitamin C: 13.87mg (16.82%), Vitamin B1: 0.2mg (13.04%), Vitamin E: 1.88mg (12.55%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.4µg (2.65%)