



## Spring Pasta with Asparagus and Grape Tomatoes

READY IN



17 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups asparagus sliced ()
- 0.5 teaspoon pepper black freshly ground
- 2 cups grape tomatoes halved
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh divided
- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil divided
- 1 cup onion chopped

- 9 tablespoons parmigiano-reggiano cheese fresh grated
- 8 ounces penne pasta uncooked

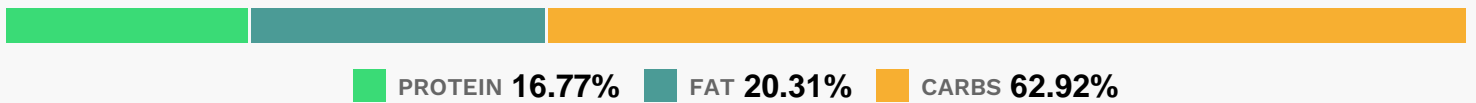
## Equipment

- bowl
- frying pan

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 2 tablespoons cooking liquid; return pasta to pan.
- Heat a large skillet over medium heat.
- Add 1 teaspoon olive oil; swirl to coat.
- Add onion; cook 3 minutes.
- Add asparagus, lemon rind, and 1 tablespoon lemon juice; saut 2 minutes. Stir in tomatoes; saut 1 minute or just until tomatoes begin to soften.
- Add reserved cooking liquid, tomato mixture, remaining 2 teaspoons olive oil, remaining 1 tablespoon lemon juice, salt, and pepper to pasta. Toss well. Spoon 1 cup pasta mixture into each of 6 bowls, and sprinkle each serving with 1 1/2 tablespoons cheese.
- Garnish with fresh basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:12.74, Inflammation Score:-7, Nutrition Score:11.674347898234%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin:

0.07mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

## **Nutrients (% of daily need)**

Calories: 220.48kcal (11.02%), Fat: 5.04g (7.75%), Saturated Fat: 1.7g (10.66%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 31.84g (11.58%), Sugar: 4.49g (4.99%), Cholesterol: 5.1mg (1.7%), Sodium: 514.59mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Selenium: 26.75µg (38.22%), Manganese: 0.53mg (26.63%), Vitamin K: 24.45µg (23.29%), Phosphorus: 167.07mg (16.71%), Vitamin C: 13.64mg (16.54%), Vitamin A: 811.89IU (16.24%), Fiber: 3.29g (13.16%), Calcium: 120.31mg (12.03%), Copper: 0.24mg (11.97%), Folate: 44.14µg (11.04%), Potassium: 346.06mg (9.89%), Iron: 1.74mg (9.66%), Magnesium: 38.36mg (9.59%), Vitamin B1: 0.13mg (8.87%), Vitamin B6: 0.18mg (8.81%), Vitamin E: 1.18mg (7.88%), Vitamin B2: 0.13mg (7.56%), Zinc: 1.12mg (7.44%), Vitamin B3: 1.43mg (7.17%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.09µg (1.5%)