



 **53%**  
HEALTH SCORE

## Spring Vegetable Penne with Lemon-Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound diagonally cut asparagus (1-inch)
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon flour all-purpose
- 1 teaspoon thyme leaves fresh chopped
- 1 garlic clove minced
- 0.5 cup half-and-half
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated

- 0.5 cup lower-sodium chicken broth fat-free
- 4 ounce pre mushrooms
- 1 tablespoon olive oil extra-virgin
- 3 tablespoons parmesan cheese divided shaved
- 0.8 cup peas green frozen
- 8 ounces penne pasta uncooked
- 0.5 teaspoon salt
- 0.8 cup vidalia sweet chopped

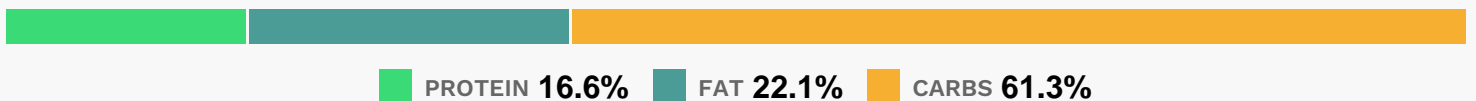
## Equipment

- frying pan

## Directions

- Heat a large skillet over medium-high heat.
- Add oil; swirl to coat.
- Add onion and mushrooms; saut 5 minutes or until tender.
- Add thyme and garlic; saut 1 minute.
- Sprinkle mushroom mixture evenly with flour; cook 30 seconds, stirring constantly. Stir in broth and half-and-half; cook 2 minutes or until slightly thickened.
- Add peas, 2 tablespoons cheese, rind, and next 3 ingredients (through pepper); cook 1 minute or until peas are thoroughly heated.
- Cook pasta according to package directions, omitting salt and fat. During the last 3 minutes of cooking, add asparagus to pan; drain.
- Add pasta mixture to mushroom mixture; toss gently to coat.
- Sprinkle with remaining 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:89.83, Glycemic Load:20.11, Inflammation Score:-9, Nutrition Score:22.693912977758%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 20.24mg, Quercetin: 20.24mg, Quercetin: 20.24mg, Quercetin: 20.24mg

## Nutrients (% of daily need)

Calories: 368.05kcal (18.4%), Fat: 9.22g (14.18%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 57.52g (19.17%), Net Carbohydrates: 50.99g (18.54%), Sugar: 8.65g (9.61%), Cholesterol: 13.14mg (4.38%), Sodium: 435.44mg (18.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.16%), Selenium: 44.29µg (63.27%), Vitamin K: 57.05µg (54.34%), Manganese: 0.91mg (45.74%), Phosphorus: 287.16mg (28.72%), Copper: 0.55mg (27.45%), Vitamin C: 22.34mg (27.08%), Fiber: 6.54g (26.15%), Folate: 104.24µg (26.06%), Vitamin B2: 0.43mg (25.56%), Vitamin A: 1227.49IU (24.55%), Vitamin B1: 0.35mg (23.27%), Iron: 4.07mg (22.6%), Vitamin B3: 3.88mg (19.4%), Potassium: 666.81mg (19.05%), Magnesium: 66.92mg (16.73%), Vitamin B6: 0.33mg (16.57%), Zinc: 2.19mg (14.62%), Calcium: 135.08mg (13.51%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 1.17mg (11.65%), Vitamin B12: 0.11µg (1.9%)