



Springtime Asparagus Pasta Toss

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 asparagus cut into 1/2-inch pieces, blanched
- 4 slices oscar mayer bacon chopped
- 0.3 tsp pepper red crushed
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 cup onions chopped
- 2 Tbsp parmesan cheese grated kraft
- 4 plum tomatoes chopped
- 1 cup mozzarella cheese shredded kraft

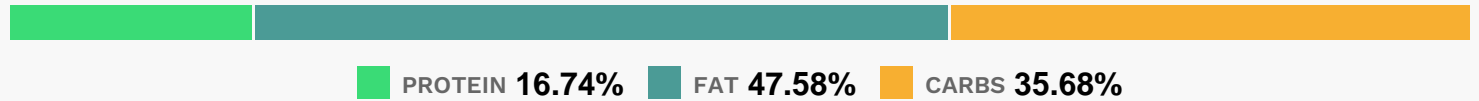
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt; keep warm.
- Heat dressing in large skillet on medium-high heat.
- Add bacon and onions; cook 8 to 10 min. or until bacon is crisp and onions are tender.
- Add asparagus, tomatoes and red pepper; cook 5 min. or until asparagus is crisp-tender.
- Drain pasta. Immediately toss with vegetable mixture and mozzarella.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:2.2743478099937%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 58.68kcal (2.93%), Fat: 3.11g (4.79%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.76g (1.73%), Sugar: 1.06g (1.18%), Cholesterol: 6.21mg (2.07%), Sodium: 83.2mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Selenium: 4.84µg (6.92%), Vitamin K: 4.39µg (4.18%), Phosphorus: 39.85mg (3.98%), Manganese: 0.07mg (3.74%), Vitamin A: 163.29IU (3.27%), Calcium: 31.41mg (3.14%), Vitamin C: 2.13mg (2.58%), Zinc: 0.32mg (2.1%), Vitamin B12: 0.13µg (2.09%), Vitamin B6: 0.04mg (2.02%), Vitamin B1: 0.03mg (2%), Fiber: 0.5g (1.98%), Potassium: 67.38mg (1.93%), Vitamin B2: 0.03mg (1.81%), Vitamin B3: 0.35mg (1.75%), Copper: 0.03mg (1.73%), Magnesium: 6.6mg (1.65%), Folate: 6.57µg (1.64%), Iron: 0.26mg (1.43%), Vitamin E: 0.2mg (1.35%)