



Tagliatelle Pasta with Asparagus and Gorgonzola Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb asparagus
- 8 oz tagliatelle uncooked
- 2 tablespoons vegetable oil
- 0.3 cup spring onion sliced
- 0.3 cup parsley fresh chopped
- 1 clove garlic finely chopped
- 4 oz gorgonzola crumbled
- 0.5 teaspoon cracked wheat

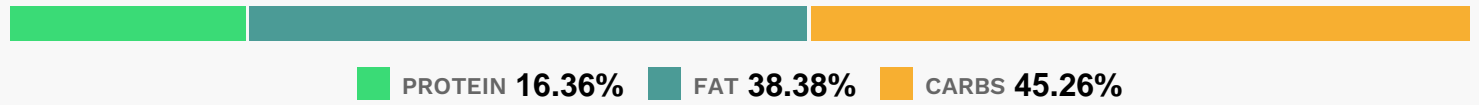
Equipment

frying pan

Directions

- Break off tough ends of asparagus as far down as stalks snap easily.
- Cut asparagus into 1-inch pieces. Cook pasta as directed on package, adding asparagus during last 5 minutes of cooking.
- Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Cook onions, parsley and garlic in oil about 5 minutes, stirring occasionally, until onions are tender. Reduce heat to medium.
- Add pasta, asparagus and cheese to mixture in skillet. Cook about 3 minutes, tossing gently, until cheese is melted and pasta is evenly coated.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:23.465652175572%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 16.54mg, Quercetin: 16.54mg, Quercetin: 16.54mg, Quercetin: 16.54mg

Nutrients (% of daily need)

Calories: 407.21kcal (20.36%), Fat: 17.67g (27.18%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 42.23g (15.36%), Sugar: 3.52g (3.92%), Cholesterol: 68.89mg (22.96%), Sodium: 343.42mg (14.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.88%), Vitamin K: 135.09µg (128.66%), Selenium: 51.55µg (73.64%), Manganese: 0.69mg (34.75%), Phosphorus: 313.08mg (31.31%), Vitamin A: 1487.03IU (29.74%), Folate: 95.34µg (23.83%), Iron: 3.95mg (21.96%), Calcium: 207.78mg (20.78%), Copper: 0.41mg (20.35%), Vitamin B2: 0.33mg (19.34%), Fiber: 4.63g (18.53%), Vitamin B1: 0.27mg (18.33%), Zinc: 2.53mg (16.86%), Vitamin C: 12.75mg (15.45%), Magnesium: 58.59mg (14.65%), Vitamin E: 2.18mg (14.54%), Vitamin B6: 0.29mg (14.46%),

Potassium: 483.51mg (13.81%), Vitamin B5: 1.34mg (13.42%), Vitamin B3: 2.68mg (13.38%), Vitamin B12: 0.51µg (8.5%), Vitamin D: 0.31µg (2.08%)