



WHATSheATE



Tomato and Asparagus "Carbonara"

READY IN



25 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed cut (1-inch)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 large eggs
- ☐ 0.3 cup basil fresh
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup pecorino cheese finely grated

- ☐ 8 ounces penne pasta uncooked
- ☐ 3 quarts water

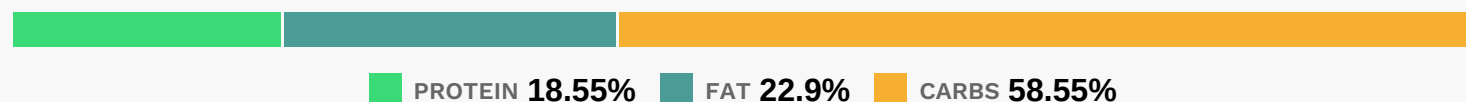
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 3 quarts water to a boil in a Dutch oven.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add asparagus; saut 3 1/2 minutes.
- ☐ Add garlic; saut for 1 minute.
- ☐ Add tomatoes; cook for 6 minutes or until tomatoes are tender.
- ☐ Combine cheese, salt, pepper, and egg in a large bowl, stirring with a whisk.
- ☐ Add pasta to boiling water; cook 10 minutes or until al dente.
- ☐ Drain and toss pasta immediately with egg mixture.
- ☐ Add tomato mixture, tossing until sauce thickens. Divide pasta equally among 4 bowls.
- ☐ Sprinkle each serving with 1 tablespoon basil.
- ☐ Serve immediately.
- ☐ Wine Match: The bright, dry acidity of a sauvignon blanc will complement the grassy asparagus (and won't bring out an unflattering metallic taste). Try a fuller-bodied California wine like Simi Winery's Sonoma County Sauvignon Blanc (\$14), with crisp lemon and rich tropical notes. --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.04, Inflammation Score:-9, Nutrition Score:23.818260711172%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg, Quercetin: 16.72mg

Nutrients (% of daily need)

Calories: 355.84kcal (17.79%), Fat: 9.21g (14.17%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 47.81g (17.39%), Sugar: 6.76g (7.51%), Cholesterol: 59.5mg (19.83%), Sodium: 513.17mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.56%), Selenium: 45.02µg (64.31%), Vitamin K: 59.63µg (56.79%), Manganese: 0.92mg (45.84%), Vitamin C: 34.29mg (41.57%), Vitamin A: 1635.82IU (32.72%), Phosphorus: 323.68mg (32.37%), Copper: 0.61mg (30.46%), Iron: 4.42mg (24.53%), Folate: 92.43µg (23.11%), Calcium: 221.48mg (22.15%), Fiber: 5.16g (20.63%), Vitamin B2: 0.33mg (19.26%), Potassium: 658.25mg (18.81%), Magnesium: 72.25mg (18.06%), Vitamin B1: 0.27mg (18.05%), Vitamin E: 2.69mg (17.91%), Vitamin B6: 0.34mg (17%), Zinc: 2.17mg (14.49%), Vitamin B3: 2.75mg (13.77%), Vitamin B5: 0.97mg (9.72%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.31µg (2.08%)