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Asparagus Tagliatelle ^{♦♦}

Asparagus Tagliatelle is a delicious vegan pasta dish that highlights the fresh flavors of asparagus. It is a light and refreshing meal that can be enjoyed for lunch or dinner. The asparagus is sautéed with garlic and olive oil, then tossed with cooked tagliatelle pasta. It is a simple and satisfying dish that is perfect for spring or summer.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	asparagus
200 g	tagliatelle pasta
2 cloves	garlic
2 tbsp	olive oil

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Cutting

Trim the woody ends of the asparagus and cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

Heat olive oil in a large pan over medium heat. Add garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Sautéing

Add the asparagus to the pan and season with salt and black pepper. Cook until the asparagus is tender-crisp.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Boiling

Cook the tagliatelle pasta according to package instructions. Drain and add it to the pan with the asparagus. Toss to combine.

Prep Time: 4 mins

Cook Time: 0 mins

Step 5

Serving

Serve the asparagus tagliatelle hot, garnished with fresh herbs if desired.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 7 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring Summer

Cuisines

Italian American Middle Eastern

Nutritional Content

Low Fat High Fiber Sugar-Free

Kitchen Tools

Grill

Course

Salads Soups

Cultural

Chinese New Year

Cost

\$10 to \$20

Demographics

Senior Friendly Diabetic Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet

Fruitarian Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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