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## Garlic Angel Hair Pasta with Roasted Asparagus and Onions

Garlic Angel Hair Pasta with Roasted Asparagus and Onions is a delicious vegetarian dish that combines the flavors of garlic, pasta, roasted asparagus, and onions. It is a light and flavorful dish that is perfect for a quick and easy weeknight dinner.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>4 cloves</b>	garlic
<b>250 g</b>	angel hair pasta
<b>300 g</b>	asparagus
<b>1 medium</b>	onion

<b>2 tbsp</b>	olive oil
<b>1 teaspoon</b>	salt
<b>1 teaspoon</b>	black pepper
<b>50 g</b>	parmesan cheese

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Trim the ends of the asparagus and cut into 2-inch pieces. Slice the onion.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Roasting

Place the asparagus and onion on a baking sheet. Drizzle with olive oil, salt, and black pepper. Toss to coat.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 4

Boiling

While the vegetables are roasting, cook the angel hair pasta according to the package instructions. Drain and set aside.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant, about 1 minute.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 6

Stirring

Add the cooked pasta, roasted asparagus, and onions to the skillet. Toss to combine.  
Cook for an additional 2-3 minutes to heat through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 7

### Plating

Serve the garlic angel hair pasta with roasted asparagus and onions. Sprinkle with grated Parmesan cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 40 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	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

### Course

Salads

Soups

Snacks

## Cultural

Chinese New Year

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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