



Buckwheat Pasta with Summer Squash, Tomatoes and Ricotta

READY IN



45 min.

SERVINGS



45

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby spinach
- ☐ 45 servings pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup ricotta fresh
- ☐ 1 pint grape tomatoes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 pounds buckwheat pasta dried
- ☐ 1 medium onion red

- ☐ 45 servings sea salt
- ☐ 1 pound summer squash and zucchini mixed yellow

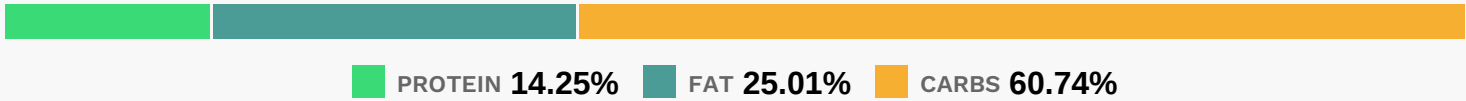
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large, deep skillet, heat 1/4 cup of the oil until nearly smoking.
- ☐ Add the squash mix and onion and cook over high heat, stirring, until lightly charred in spots and crisp-tender, about 8 minutes.
- ☐ Add the tomatoes, crushing them lightly with your hands as you add them.
- ☐ Add the crushed red pepper, season with salt and cook over high heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the wine and cook until nearly evaporated.
- ☐ Meanwhile, cook the pasta in a large pot of boiling salted water until al dente.
- ☐ Drain the pasta, reserving 3/4 cup of the cooking water.
- ☐ Add the pasta to the skillet along with the spinach, ricotta and the reserved cooking water. Toss over moderately high heat until the spinach is wilted and the sauce is thickened and clings to the pasta.
- ☐ Transfer the pasta to a platter and drizzle with the remaining 2 tablespoons of olive oil.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:4.83, Inflammation Score:-6, Nutrition Score:5.5421738783303%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 88.12kcal (4.41%), Fat: 2.48g (3.82%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.04g (4.38%), Sugar: 1.19g (1.32%), Cholesterol: 2.81mg (0.94%), Sodium: 235.15mg (10.22%), Alcohol: 0.14g (100%), Alcohol %: 0.34% (100%), Protein: 3.18g (6.36%), Vitamin A: 975.38IU (19.51%), Vitamin K: 16.94µg (16.13%), Selenium: 10.82µg (15.46%), Manganese: 0.23mg (11.59%), Vitamin E: 1.08mg (7.21%), Fiber: 1.52g (6.07%), Vitamin B6: 0.1mg (5.25%), Phosphorus: 51.89mg (5.19%), Vitamin C: 4.1mg (4.97%), Potassium: 149.28mg (4.27%), Magnesium: 16.96mg (4.24%), Copper: 0.08mg (4.04%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.58%), Folate: 14.09µg (3.52%), Vitamin B3: 0.63mg (3.15%), Zinc: 0.43mg (2.87%), Calcium: 27.2mg (2.72%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.13mg (1.25%)