



Capellini with Fresh Ricotta, Roasted Garlic, Corn, and Herbs

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces capellini
- ☐ 4 ears of corn fresh with husks
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 7 ounces ricotta cheese fresh
- ☐ 1 large head garlic

- ☐ 6 tablespoons juice of lemon fresh
- ☐ 4 teaspoons lemon zest grated
- ☐ 2 cups greens mixed loosely packed ()
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 0.5 cup parmesan cheese plus parmesan finely grated shaved for garnish
- ☐ 2 cups torn radicchio leaves

Equipment

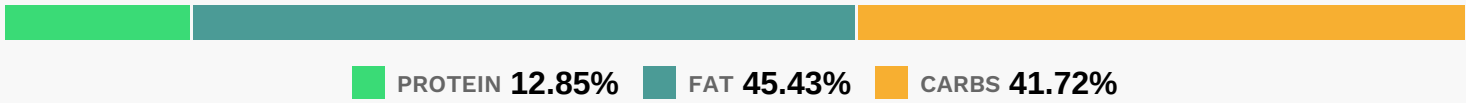
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place head of garlic on sheet of foil.
- ☐ Drizzle with 2 tablespoons oil; wrap foil around garlic and crimp to seal tightly.
- ☐ Place garlic and corn on rimmed baking sheet.
- ☐ Bake until corn is tender and garlic is soft, about 25 minutes for corn and 40 minutes for garlic. Cool slightly.
- ☐ Squeeze garlic out of skins into large bowl; add any oil from foil.
- ☐ Add lemon juice, lemon peel, and 3 tablespoons oil; mash garlic, then whisk mixture. Shuck corn; cut kernels from cob and transfer to same bowl.
- ☐ Meanwhile, cook pasta in pot of boiling salted water until tender but still firm to bite.
- ☐ Drain. Rinse with cold water; drain well.
- ☐ Place in medium bowl; toss with 1 tablespoon oil. Using kitchen shears, cut pasta crosswise several times.

- ☐
- Add pasta, greens, radicchio, ricotta, grated Parmesan, and herbs to bowl with garlic mixture; toss to coat. Season with salt and pepper.
- ☐
- Garnish with shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:12.14, Inflammation Score:-8, Nutrition Score:19.205652019252%

Flavonoids

Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg, Cyanidin: 16.93mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 5.14mg, Luteolin: 5.14mg, Luteolin: 5.14mg, Luteolin: 5.14mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 427.76kcal (21.39%), Fat: 22.2g (34.15%), Saturated Fat: 6.3g (39.36%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 42.78g (15.56%), Sugar: 5.5g (6.11%), Cholesterol: 24.12mg (8.04%), Sodium: 196.69mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Vitamin K: 134.31µg (127.92%), Selenium: 32.85µg (46.92%), Vitamin C: 26.74mg (32.42%), Manganese: 0.63mg (31.28%), Phosphorus: 254.87mg (25.49%), Vitamin A: 1203.75IU (24.07%), Calcium: 181.68mg (18.17%), Vitamin E: 2.56mg (17.07%), Folate: 65.91µg (16.48%), Magnesium: 59.39mg (14.85%), Potassium: 447.01mg (12.77%), Fiber: 3.08g (12.33%), Zinc: 1.82mg (12.14%), Copper: 0.24mg (11.98%), Vitamin B6: 0.23mg (11.41%), Vitamin B1: 0.16mg (10.71%), Vitamin B2: 0.18mg (10.67%), Vitamin B3: 2.02mg (10.12%), Iron: 1.82mg (10.08%), Vitamin B5: 0.83mg (8.3%), Vitamin B12: 0.22µg (3.75%)