

Cavatelli Primavera

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small bunch arugula packed trimmed ()
- ☐ 12 large asparagus trimmed peeled cut into 1/2-inch diagonal slices (2 cups)
- ☐ 0.3 cup torn basil leaves fresh
- ☐ 16 ounce nana's cavatelli homemade
- ☐ 1 garlic clove with the side of a knife
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 servings pepper freshly ground to taste
- ☐ 6 ounces wedge ricotta salata sliced
- ☐ 8 servings salt to taste

☐ 2 cups cherry tomatoes red yellow halved

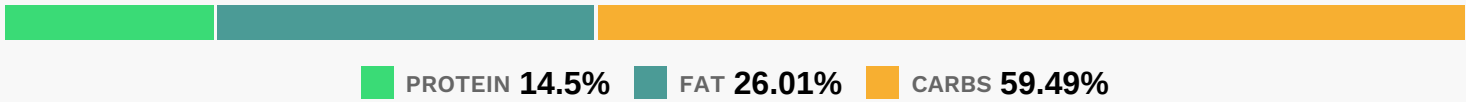
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Boil a large pot of salted water; add homemade cavatelli carefully, and cook, uncovered, 5 minutes or until pasta is almost tender, stirring gently. Stir in asparagus, and cook 2 minutes or until crisp-tender. Set a large, shallow pasta bowl in the sink; place colander in the bowl.
- ☐ Pour pasta and asparagus into the colander to drain, reserving 1/4 to 1/2 cup cooking water. (This also warms the serving bowl.)
- ☐ Heat oil and garlic in a large, deep skillet over medium-low heat 1 minute. Reduce heat to low, and cook 5 minutes, being careful not to brown garlic. Turn off heat. Stir in tomato and basil; discard garlic. Spoon pasta and asparagus into skillet; stir gently over medium heat 2 minutes or until combined.
- ☐ Add reserved pasta liquid, a little at a time, as needed to moisten pasta.
- ☐ Pour water out of serving bowl; wipe dry, and fill with pasta.
- ☐ Add cheese and arugula; toss to combine.
- ☐ Add salt and pepper, and serve immediately.
- ☐ *For testing purposes, we used Precious Brand whole milk ricotta. If ricotta isn't available, substitute with a mild feta or Pecorino Romano.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:17.54, Inflammation Score:-7, Nutrition Score:13.992173859607%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 312.18kcal (15.61%), Fat: 9.05g (13.93%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 43.5g (15.82%), Sugar: 3.47g (3.86%), Cholesterol: 10.84mg (3.61%), Sodium: 223.9mg (9.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.71%), Selenium: 40.03µg (57.19%), Vitamin K: 38.15µg (36.33%), Manganese: 0.69mg (34.53%), Vitamin A: 924.26IU (18.49%), Phosphorus: 178.4mg (17.84%), Vitamin C: 12.88mg (15.61%), Copper: 0.28mg (14.03%), Folate: 50.56µg (12.64%), Fiber: 3.1g (12.41%), Magnesium: 48.17mg (12.04%), Iron: 2.12mg (11.77%), Potassium: 359.95mg (10.28%), Vitamin E: 1.53mg (10.17%), Calcium: 93.88mg (9.39%), Zinc: 1.37mg (9.14%), Vitamin B2: 0.15mg (8.69%), Vitamin B6: 0.17mg (8.41%), Vitamin B1: 0.13mg (8.4%), Vitamin B3: 1.59mg (7.95%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.07µg (1.2%)