



Farfalle Pasta with Zucchini and Lemon-Cream Sauce

READY IN



55 min.

SERVINGS



6

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce farfalle pasta (bow tie)
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 6 cloves garlic thinly sliced
- 0.5 teaspoon pepper black divided
- 2 tablespoons lemon zest fresh grated to taste
- 0.5 cup mascarpone cheese
- 2 tablespoons olive oil extra virgin extra-virgin

- 0.3 cup parmesan cheese grated
- 1 teaspoon salt divided
- 1.5 cups ricotta cheese whole at room temperature
- 4 cups zucchini thinly sliced

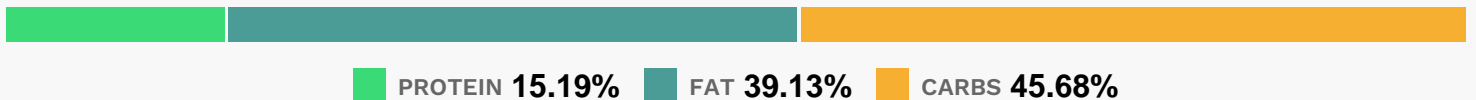
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Reserve 1/2 cup of pasta cooking water, and drain the farfalle well in a colander set in the sink.
- While the farfalle are boiling, mix together the ricotta, mascarpone, and Parmesan cheeses in a large serving bowl, and stir in the lemon peel and basil until the mixture is well combined.
- Heat olive oil in a large skillet over medium heat, and cook and stir the zucchini and garlic until the zucchini are tender but still bright in color, about 8 minutes. Stir about 1/4 cup of the reserved pasta cooking water into the cheese mixture and mix until smooth; add the hot drained pasta and cooked zucchini, and lightly toss with the sauce. Season with the salt and pepper. If mixture is too thick, add a little more pasta cooking water, 1 tablespoon at a time, until the sauce is the desired thickness.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:23.78, Inflammation Score:-7, Nutrition Score:17.663913053015%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 557.71kcal (27.89%), Fat: 24.15g (37.16%), Saturated Fat: 12.18g (76.15%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 59.85g (21.76%), Sugar: 4.38g (4.86%), Cholesterol: 55.2mg (18.4%), Sodium: 559.18mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Selenium: 59.33µg (84.76%), Manganese: 0.94mg (47.17%), Phosphorus: 313.69mg (31.37%), Calcium: 245.48mg (24.55%), Vitamin C: 18.67mg (22.63%), Vitamin A: 859.47IU (17.19%), Magnesium: 66.34mg (16.58%), Vitamin B6: 0.32mg (15.87%), Vitamin B2: 0.27mg (15.87%), Zinc: 2.35mg (15.66%), Vitamin K: 15.84µg (15.09%), Copper: 0.3mg (14.93%), Fiber: 3.6g (14.38%), Potassium: 483.14mg (13.8%), Folate: 42.96µg (10.74%), Iron: 1.73mg (9.58%), Vitamin B3: 1.78mg (8.88%), Vitamin B1: 0.12mg (8.19%), Vitamin B5: 0.68mg (6.75%), Vitamin E: 0.98mg (6.51%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.15µg (1.01%)