



WHATSheATE



Fettuccine with Shredded Zucchini, Fresh Ricotta, and Lemon Zest

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound fettuccine barilla
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 lemon zest
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt
- ☐ 1 cup whole-milk ricotta cheese fresh at room temperature

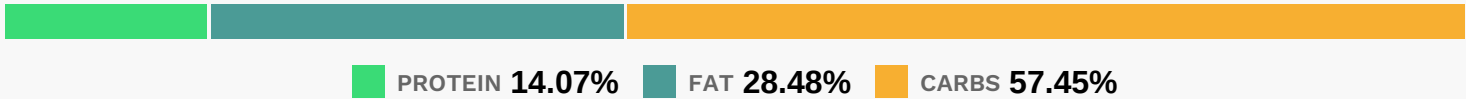
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ mandoline
- ☐ box grater

Directions

- ☐ Place a large pot of water over high heat. When the water is at a rolling boil, add a big pinch of salt, drop in the fettucine, and stir. Cook the pasta, stirring from time to time, according to package directions for al dente, usually about 12 minutes. Meanwhile, heat the olive oil in a large skillet over medium heat. When the oil is warm, add the garlic and sauté until golden, about 1 minute.
- ☐ Add the lemon zest and cook for 30 seconds longer. Increase the heat to medium-high, add the zucchini, and cook, stirring, until tender, 2 to 3 minutes. Season with salt and pepper.
- ☐ Remove and reserve about 1/2 cup of the cooking water, then drain the pasta and quickly toss with the zucchini, parsley, and mint. Spoon on the ricotta and toss lightly again, add small amounts of the cooking water to lighten the cheese to the consistency you like, and serve.
- ☐ cook's note
- ☐ Zucchini is easy to shred on the large holes of a box grater, with the shredding attachment of a food processor, or with a mandoline.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:33.96, Inflammation Score:-6, Nutrition Score:20.119130383367%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.68kcal (30.63%), Fat: 19.1g (29.38%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 86.7g (28.9%), Net Carbohydrates: 82.42g (29.97%), Sugar: 4.19g (4.66%), Cholesterol: 105.09mg (35.03%), Sodium: 285.54mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.45%), Selenium: 89.38µg (127.68%), Vitamin K: 70.66µg (67.29%), Manganese: 1.02mg (51.09%), Phosphorus: 277.86mg (27.79%), Copper: 0.35mg (17.72%), Magnesium: 70.3mg (17.57%), Fiber: 4.28g (17.1%), Vitamin E: 2.47mg (16.46%), Calcium: 152.81mg (15.28%), Zinc: 2.25mg (15.03%), Iron: 2.63mg (14.62%), Vitamin B1: 0.2mg (13.29%), Vitamin B6: 0.25mg (12.74%), Vitamin B3: 2.49mg (12.43%), Vitamin B5: 1.06mg (10.65%), Folate: 42µg (10.5%), Vitamin A: 506.98IU (10.14%), Vitamin C: 7.82mg (9.48%), Potassium: 317.38mg (9.07%), Vitamin B2: 0.11mg (6.74%), Vitamin B12: 0.33µg (5.48%), Vitamin D: 0.34µg (2.27%)