



Fresh Pasta and Zucchini with Ricotta Salata

READY IN



15 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 pound fettuccine barilla fresh
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup sunflower seeds such as pine nuts, sunflower seeds, or pistachios toasted
- ☐ 4 ounces pecorino crumbled
- ☐ 0.5 teaspoon salt
- ☐ 1 pound zucchini

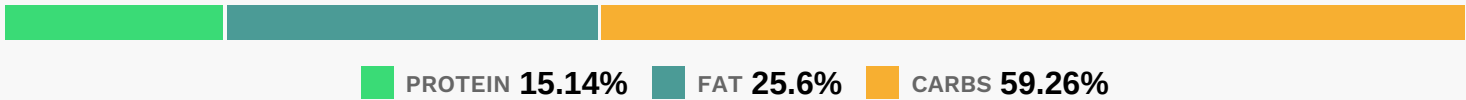
Equipment

- ☐ bowl
- ☐ pot
- ☐ peeler

Directions

- ☐ Bring a large pot of salted water to boil over high heat.
- ☐ Meanwhile, cut zucchini into thin strips with a vegetable peeler; set aside.
- ☐ Combine mint and next 5 ingredients in a small bowl; set aside.
- ☐ Cook pasta in boiling water according to package directions, adding zucchini during last minute of cooking time.
- ☐ Drain and transfer to a large serving bowl.
- ☐ Stir in mint mixture, tossing to combine.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:23.13, Inflammation Score:-6, Nutrition Score:18.04608706806%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 392.83kcal (19.64%), Fat: 11.3g (17.39%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 54.88g (19.95%), Sugar: 3.71g (4.12%), Cholesterol: 73.14mg (24.38%), Sodium: 233.01mg (10.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.07%), Selenium: 65.43µg (93.48%), Manganese: 0.92mg (46.05%), Phosphorus: 280.1mg (28.01%), Vitamin C: 17.74mg (21.5%), Magnesium: 80.18mg (20.05%),

Copper: 0.38mg (18.95%), Vitamin B6: 0.38mg (18.85%), Vitamin E: 2.7mg (18.02%), Vitamin B1: 0.25mg (16.78%), Fiber: 3.99g (15.95%), Folate: 59.4µg (14.85%), Zinc: 2.22mg (14.83%), Potassium: 460.18mg (13.15%), Iron: 2.23mg (12.4%), Vitamin B3: 2.46mg (12.32%), Vitamin B2: 0.2mg (11.99%), Vitamin B5: 0.97mg (9.66%), Calcium: 89.15mg (8.91%), Vitamin A: 391.78IU (7.84%), Vitamin K: 5.24µg (4.99%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.26µg (1.76%)