



Fusilli with Pecorino Romano and Black Pepper

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



647 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces baby spinach leaves
- ☐ 1 pound fusilli pasta
- ☐ 2 cloves garlic crushed
- ☐ 6 servings kosher salt
- ☐ 8 ounces mascarpone cheese at room temperature
- ☐ 0.3 cup olive oil
- ☐ 6 ounces pecorino romano cheese grated

☐ 6 servings pepper freshly ground

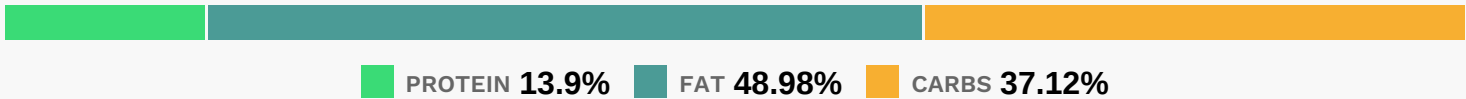
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook, stirring occasionally, until tender but still firm to the bite, 8 to 10 minutes. Reserve 3/4 cup of the cooking liquid, then drain the pasta.
- ☐ Meanwhile, heat the olive oil in a large, high-sided skillet over medium heat.
- ☐ Add the garlic and cook until lightly browned, about 2 minutes.
- ☐ Remove the garlic and discard.
- ☐ Add the spinach and 2 teaspoons pepper, and cook until the spinach has wilted, about 1 minute.
- ☐ Remove the skillet from the heat and add the pasta.
- ☐ Add the Pecorino Romano cheese and 2 teaspoons each salt and pepper, and toss until coated.
- ☐ In a medium bowl, whisk together the reserved cooking liquid and the mascarpone cheese until smooth.
- ☐ Pour over the pasta and toss until coated. Season with salt.
- ☐ Transfer the pasta to a large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:23.18, Inflammation Score:-9, Nutrition Score:22.35521739203%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 647.02kcal (32.35%), Fat: 34.89g (53.68%), Saturated Fat: 16.9g (105.65%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 56.5g (20.55%), Sugar: 2.34g (2.59%), Cholesterol: 67.28mg (22.43%), Sodium: 578.34mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Vitamin K: 120.4µg (114.67%), Selenium: 52.27µg (74.68%), Vitamin A: 2862.76IU (57.26%), Manganese: 0.94mg (47.04%), Calcium: 396.29mg (39.63%), Phosphorus: 371.6mg (37.16%), Magnesium: 70.78mg (17.7%), Folate: 61.47µg (15.37%), Copper: 0.26mg (13.11%), Zinc: 1.94mg (12.91%), Vitamin E: 1.93mg (12.84%), Fiber: 2.99g (11.94%), Vitamin B2: 0.2mg (11.54%), Iron: 1.92mg (10.67%), Vitamin B6: 0.19mg (9.51%), Potassium: 330.26mg (9.44%), Vitamin C: 6.95mg (8.42%), Vitamin B3: 1.49mg (7.43%), Vitamin B1: 0.1mg (6.6%), Vitamin B12: 0.32µg (5.29%), Vitamin B5: 0.47mg (4.69%)