



 **86%**
HEALTH SCORE

Fusilli With Zucchini Flowers, Ricotta and Saffron

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 servings almonds sliced
- 2 servings cooking oil
- 2 servings bell pepper
- 2 servings bell pepper
- 1 onion red
- 100 grams ricotta cheese
- 1 packet saffron threads

- 2 servings salt
- 12 zucchini
- 160 grams frangelico
- 160 grams frangelico

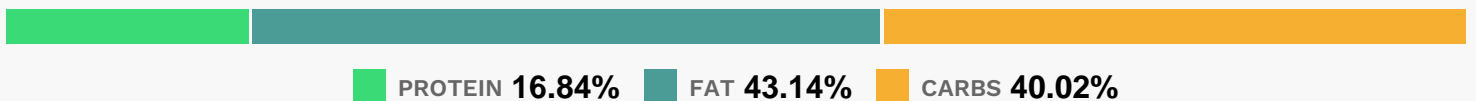
Equipment

- bowl
- frying pan

Directions

- Fusilli with zucchini flowers, ricotta and saffron
- What do I need for 2 people
- Wash and finely chop the onion dry them gently in a pan with a drizzle of extra virgin olive oil, a pinch of salt and the sliced almonds.Discard the stem and pistil of the flowers of pumpkin, cut into strips and add them to the mixture, stir briefly and turn off.Drop the Fusilloro in plenty of boiling salted water and cook for 9 minutes (al dente).In a bowl mix the ricotta with saffron, add a spoonful of pasta cooking water to obtain a smooth cream, add salt and pepper.
- Drain the pasta into the pan with the fried zucchini flowers, add saffron cream and mix gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:106.5, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:53.006086956522%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin:

0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.27mg, Quercetin: 19.27mg, Quercetin: 19.27mg, Quercetin: 19.27mg

Taste

Sweetness: 28.86%, Saltiness: 100%, Sourness: 23.96%, Bitterness: 32.22%, Savoriness: 44.2%, Fattiness: 38.33%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 478.76kcal (23.94%), Fat: 25.28g (38.9%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 36.79g (13.38%), Sugar: 38.17g (42.41%), Cholesterol: 25.5mg (8.5%), Sodium: 338.78mg (14.73%), Protein: 22.21g (44.42%), Vitamin C: 405.7mg (491.76%), Vitamin A: 7243.45IU (144.87%), Manganese: 2.49mg (124.39%), Vitamin B6: 2.44mg (122.22%), Potassium: 3532.54mg (100.93%), Folate: 368.14µg (92.03%), Vitamin B2: 1.36mg (79.83%), Vitamin K: 68.62µg (65.35%), Fiber: 15.97g (63.87%), Magnesium: 244.59mg (61.15%), Phosphorus: 586.64mg (58.66%), Vitamin E: 6.54mg (43.58%), Vitamin B1: 0.64mg (42.94%), Copper: 0.69mg (34.63%), Vitamin B3: 6.92mg (34.61%), Zinc: 4.85mg (32.31%), Calcium: 318.11mg (31.81%), Vitamin B5: 3.05mg (30.5%), Iron: 5.39mg (29.95%), Selenium: 10.1µg (14.42%), Vitamin B12: 0.17µg (2.83%)