

Healthy Beet Pasta

READY IN



30 min.

SERVINGS



2

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 beet
- ☐ 2 servings garlic powder as needed
- ☐ 0.5 Tablespoon olive oil
- ☐ 2 Tablespoons part skim ricotta cheese
- ☐ 0.5 cup any pasta of your choice uncooked
- ☐ 2 servings salt as needed

Equipment

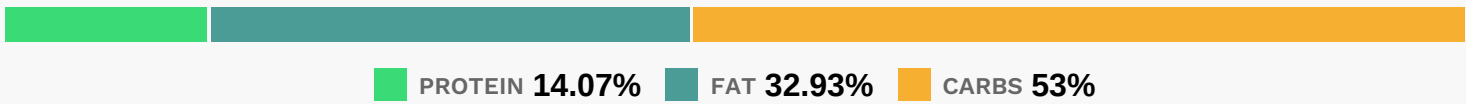
- ☐ food processor

- ☐ frying pan
- ☐ blender
- ☐ pressure cooker

Directions

- ☐ Cook the beets. I use a pressure cooker to cook beets. I peel the beets, cut each beet into 4 pieces, add water just enough to cover it and leave it for 1 whistle. Don't pour the beets cooked water in the sink, instead prepare this beet soup in a jiffy. Meanwhile cook the pasta also as per the package directions. In a blender/food processor puree together the cooked beets, ricotta cheese, lemon pepper seasoning, garlic powder and salt.
- ☐ Heat the oil in a frying pan and add the beet puree.
- ☐ Let it simmer for 2-3 minutes and the pink sauce is ready. Toss the cooked pasta with the sauce and it's ready to serve.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:6.37, Inflammation Score:-3, Nutrition Score:5.1630435109786%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 134.56kcal (6.73%), Fat: 4.99g (7.67%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.16g (5.88%), Sugar: 3.29g (3.66%), Cholesterol: 4.58mg (1.53%), Sodium: 247.02mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Selenium: 12.95µg (18.51%), Manganese: 0.3mg (15.19%), Folate: 50.72µg (12.68%), Phosphorus: 84.23mg (8.42%), Fiber: 1.9g (7.59%), Potassium: 221.05mg (6.32%), Magnesium: 21.91mg (5.48%), Calcium: 52.46mg (5.25%), Vitamin B6: 0.1mg (5.07%), Copper: 0.1mg (4.76%), Iron: 0.78mg (4.33%), Zinc: 0.64mg (4.29%), Vitamin E: 0.57mg (3.78%), Vitamin B2: 0.06mg (3.35%), Vitamin B1: 0.04mg (2.82%), Vitamin C: 2.05mg (2.48%), Vitamin K: 2.32µg (2.21%), Vitamin B3: 0.43mg (2.14%), Vitamin B5: 0.19mg (1.86%), Vitamin A: 70.31IU (1.41%)