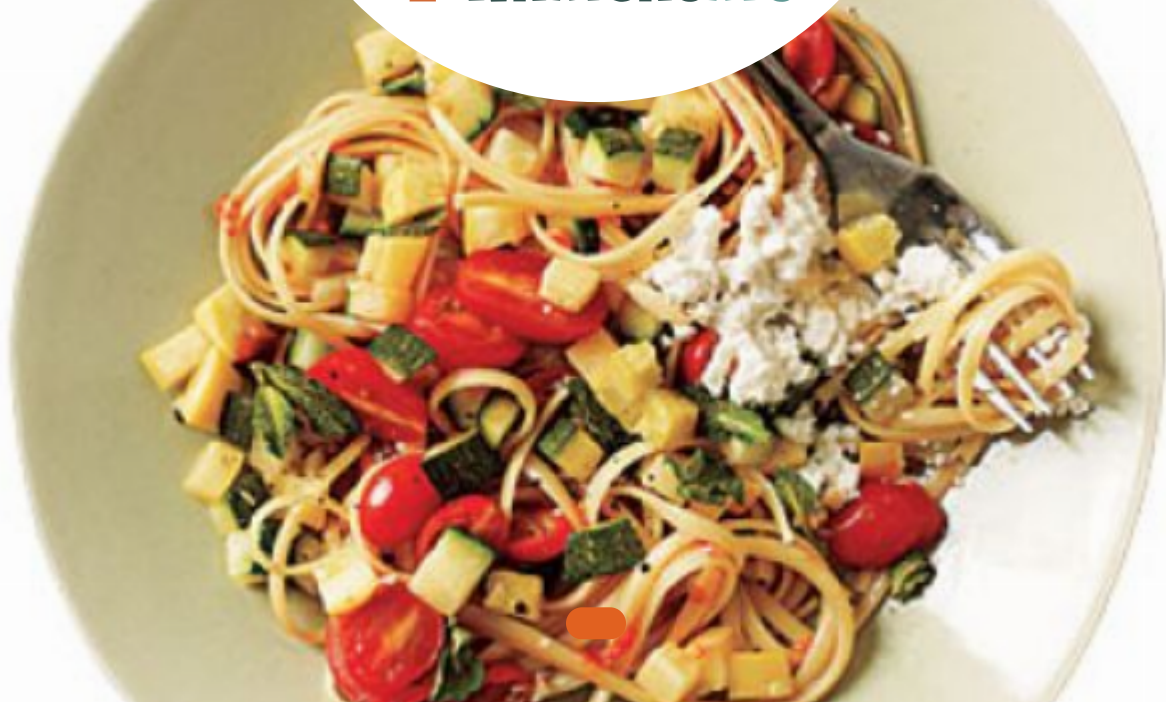




Linguine with Quick Lemon Ricotta

READY IN



50 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons cider vinegar
- ☐ 0.3 cup mint leaves fresh
- ☐ 4 garlic cloves coarsely chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 1 teaspoon kosher salt divided
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 8 ounces pasta uncooked
- ☐ 2 cups milk 2% reduced-fat

- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup greek yogurt plain
- ☐ 2 small baby squash yellow chopped
- ☐ 1 small zucchini chopped

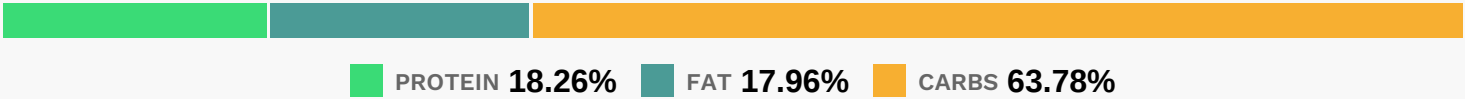
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ microwave
- ☐ measuring cup
- ☐ cheesecloth

Directions

- ☐ Combine first 3 ingredients in a microwave-safe 1-quart liquid measuring cup; microwave at HIGH for 4 minutes. Stir to form small curds. Strain through a sieve lined with a double layer of cheesecloth; let stand for 5 minutes. Discard liquid. Scrape cheese mixture into a small bowl; stir in rind and 1/4 teaspoon salt.
- ☐ Cook pasta according to package directions, omitting salt and fat, and drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add squash and zucchini to pan; saut 1 minute.
- ☐ Add 1/4 teaspoon salt, tomatoes, and garlic; saut 4 minutes.
- ☐ Add broth and pasta to pan, and cook for 2 minutes or until thoroughly heated, tossing to combine.
- ☐ Place 2 cups pasta mixture in each of 4 shallow bowls; sprinkle each serving evenly with remaining 1/2 teaspoon salt and pepper. Top each serving with 2 tablespoons cheese mixture and 1 tablespoon mint.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:19.07, Inflammation Score:-8, Nutrition Score:20.527826350668%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 360.49kcal (18.02%), Fat: 7.27g (11.19%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 53.51g (19.46%), Sugar: 13.52g (15.02%), Cholesterol: 10.69mg (3.56%), Sodium: 697.02mg (30.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Selenium: 41.88µg (59.83%), Manganese: 0.95mg (47.59%), Vitamin C: 34.55mg (41.88%), Phosphorus: 319.07mg (31.91%), Vitamin A: 1405.24IU (28.1%), Vitamin B2: 0.47mg (27.55%), Potassium: 913.36mg (26.1%), Vitamin B6: 0.46mg (22.78%), Calcium: 221.6mg (22.16%), Magnesium: 77.81mg (19.45%), Fiber: 4.61g (18.43%), Folate: 63.23µg (15.81%), Copper: 0.31mg (15.68%), Vitamin K: 15.24µg (14.52%), Zinc: 2.04mg (13.59%), Vitamin B12: 0.8µg (13.34%), Vitamin B1: 0.2mg (13.13%), Vitamin B3: 2.32mg (11.62%), Vitamin B5: 1.04mg (10.37%), Iron: 1.67mg (9.26%), Vitamin E: 1.36mg (9.04%)