



## Macaroni with Summer Squash, Salami, and Ricotta Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons cooking oil
- 0.8 pound elbow macaroni
- 3 cloves garlic minced
- 0.1 teaspoon fresh-ground pepper black
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 0.5 cup ricotta cheese
- 0.3 pound genoa salami sliced cut into thin strips

- 0.8 teaspoon salt
- 1.5 pounds summer squash grated ( 4)
- 0.5 cup sun-dried tomatoes packed in oil, drained and chopped

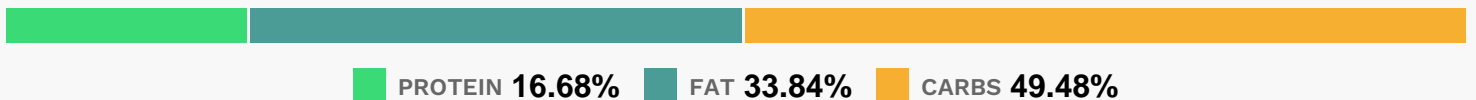
## Equipment

- frying pan
- pot

## Directions

- In a large frying pan, heat the oil over moderately high heat.
- Add the summer squash, minced garlic, salt, and the oregano and cook, stirring, until tender, about 5 minutes.
- Add the ricotta cheese, sun-dried tomatoes, salami, and the pepper.
- In a large pot of boiling, salted water, cook the macaroni until just done, about 8 minutes.
- Drain and toss the pasta with the sauce. Top with the Parmesan.
- Sun-Dried Tomatoes: Oil-packed sun-dried tomatoes come in a jar and need only to be drained before using. Sun-dried tomatoes are also available without the oil, usually in cellophane bags. You can substitute one type for the other.
- Wine Recommendation: We suggest you look for a refreshing white wine to pair with this lively Italian-inspired dish. A pinot grigio or a Galestro from Italy will serve admirably.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:28.889130348745%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 640.57kcal (32.03%), Fat: 24.37g (37.49%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 80.18g (26.73%), Net Carbohydrates: 73.62g (26.77%), Sugar: 11.31g (12.57%), Cholesterol: 43.64mg (14.55%), Sodium: 1235.88mg (53.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.05%), Selenium: 69.08µg (98.68%), Manganese: 1.43mg (71.5%), Phosphorus: 432.14mg (43.21%), Vitamin C: 35.02mg (42.45%), Vitamin B6: 0.74mg (37.24%), Potassium: 1274.39mg (36.41%), Vitamin B1: 0.51mg (33.71%), Vitamin B2: 0.54mg (31.8%), Copper: 0.59mg (29.66%), Magnesium: 114.53mg (28.63%), Fiber: 6.56g (26.24%), Vitamin B3: 5.18mg (25.91%), Zinc: 3.83mg (25.52%), Iron: 3.7mg (20.54%), Folate: 79.91µg (19.98%), Calcium: 194.21mg (19.42%), Vitamin K: 19.79µg (18.85%), Vitamin B12: 0.98µg (16.39%), Vitamin B5: 1.32mg (13.23%), Vitamin A: 661.43IU (13.23%), Vitamin E: 1.68mg (11.23%)