



Orecchiette and Arugula with Creamy Ricotta Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula trimmed thinly sliced
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 pound orecchiette uncooked
- ☐ 3 ounces pecorino romano cheese fresh divided grated
- ☐ 2 cups plum tomatoes chopped (5 medium)
- ☐ 8 ounces ricotta cheese homemade
- ☐ 2.5 teaspoons salt divided

☐ 6 quarts water

Equipment

☐ bowl

☐ pot

☐ colander

Directions

☐ Bring 6 quarts water and 2 teaspoons salt to a boil in a large stockpot. Stir in pasta; cook 12 minutes or until al dente.

☐ Drain pasta in a colander over a bowl, reserving 1/2 cup cooking water.

☐ Combine remaining 1/2 teaspoon salt, Homemade Ricotta Cheese, 1/4 cup pecorino, oil, and 1/2 teaspoon pepper in a large bowl, stirring well.

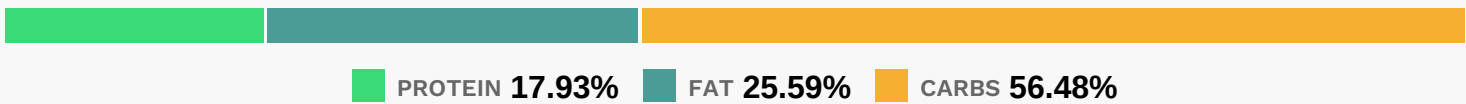
☐ Add hot pasta, 1/4 cup reserved cooking water, and arugula; toss well to coat.

☐ Add additional cooking water if sauce is too thick. Spoon about 1 1/4 cups pasta mixture onto each of 8 plates. Top each serving with 1/4 cup tomato and 1 tablespoon pecorino.

☐ Sprinkle evenly with remaining 1/2 teaspoon pepper.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:18.04, Inflammation Score:-7, Nutrition Score:13.046086985132%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 329.44kcal (16.47%), Fat: 9.33g (14.35%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 46.32g (15.44%), Net Carbohydrates: 43.61g (15.86%), Sugar: 3.38g (3.75%), Cholesterol: 25.51mg (8.5%), Sodium: 922.06mg (40.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.41%), Selenium: 41.52µg (59.32%), Manganese: 0.65mg (32.45%), Phosphorus: 251.24mg (25.12%), Calcium: 224.49mg (22.45%), Vitamin A: 842.31IU (16.85%), Copper: 0.33mg (16.55%), Vitamin K: 14.91µg (14.2%), Magnesium: 55.1mg (13.78%), Vitamin C: 9.23mg (11.19%), Fiber: 2.71g (10.83%), Zinc: 1.61mg (10.76%), Potassium: 336.69mg (9.62%), Vitamin B2: 0.15mg (8.63%), Vitamin B6: 0.16mg (7.76%), Folate: 30.54µg (7.64%), Vitamin B3: 1.38mg (6.89%), Iron: 1.24mg (6.87%), Vitamin B1: 0.08mg (5.61%), Vitamin E: 0.72mg (4.83%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.22µg (3.59%)