



 **99%**  
HEALTH SCORE

# Orecchiette Pasta with Margherita® Genoa Salami

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



669 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 8 ounces baby spinach fresh
- 2 tablespoons olive oil extra virgin
- 2 leaves basil fresh julienned
- 0.3 cup garlic cloves
- 4 servings ground pepper fresh black to taste
- 16 ounces orecchiette pasta dry (or penne pasta)
- 0.3 cup pecorino cheese freshly grated

- 2 large bell peppers red cored cut into strips
- 0.3 pound genoa salami julienned sliced thin margherita®

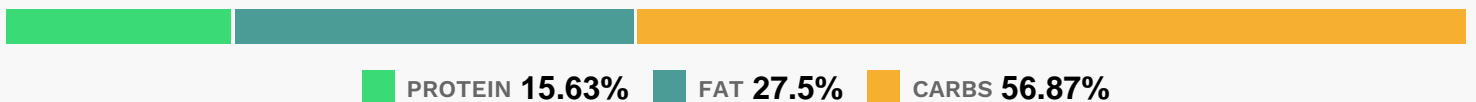
## Equipment

- bowl
- frying pan
- pot

## Directions

- In a small pot place 1/4 cup whole peeled garlic cloves. Cover with extra virgin olive oil and cook on low heat until garlic becomes soft and cooked through. Set aside to cool, retain olive oil.
- Bring a pot of lightly salted water to boil and cook orecchiette pasta until al dente. Reserve approximately 1/4 cup of the pasta water to add to the end of step
- Drain pasta and cool in cold water, then set aside.
- In a large saute pan, heat garlic oil from roasted garlic.
- Add Margherita® Genoa salami and brown slightly.
- Add peppers, spinach, roasted garlic, and half of the toasted pine nuts and continue to cook until spinach is wilted.
- Add cooked pasta and reserved pasta water, fresh basil and toss, continue to saute until pasta is hot and ready to serve.
- Place pasta on plates or serving bowl, sprinkle with grated Romano cheese, black pepper and top with remaining pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:73.25, Glycemic Load:36.32, Inflammation Score:-10, Nutrition Score:39.590434652956%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

## **Nutrients (% of daily need)**

Calories: 669.49kcal (33.47%), Fat: 20.47g (31.49%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 95.24g (31.75%), Net Carbohydrates: 88.44g (32.16%), Sugar: 6.84g (7.6%), Cholesterol: 28.9mg (9.63%), Sodium: 772.19mg (33.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.34%), Vitamin K: 283.68µg (270.18%), Vitamin A: 7924.53IU (158.49%), Vitamin C: 123.59mg (149.81%), Selenium: 81.64µg (116.62%), Manganese: 1.82mg (90.96%), Folate: 169.57µg (42.39%), Phosphorus: 389.15mg (38.91%), Vitamin B6: 0.78mg (38.88%), Vitamin B1: 0.47mg (31.58%), Magnesium: 125.99mg (31.5%), Fiber: 6.81g (27.22%), Potassium: 891.04mg (25.46%), Copper: 0.49mg (24.52%), Vitamin E: 3.6mg (24.02%), Vitamin B3: 4.8mg (23.98%), Zinc: 3.56mg (23.72%), Iron: 3.98mg (22.12%), Vitamin B2: 0.37mg (21.84%), Calcium: 172.21mg (17.22%), Vitamin B12: 0.86µg (14.4%), Vitamin B5: 1.17mg (11.65%)