



Orecchiette with Salsa Cruda and Ricotta

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil coarsely chopped
- ☐ 4 servings basil leaves
- ☐ 0.8 cup ricotta fresh (preferably)
- ☐ 2 small garlic cloves
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound orecchiette dried
- ☐ 0.3 teaspoon red-pepper flakes hot
- ☐ 1 medium shallots minced

☐ 1.5 pounds tomatoes chopped

Equipment

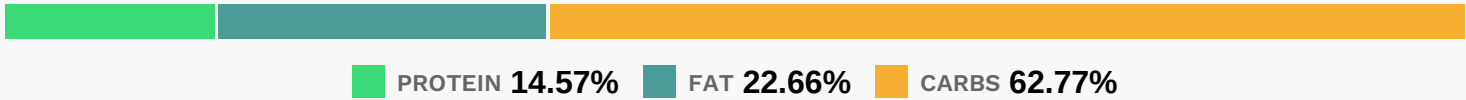
☐ bowl

☐ pot

Directions

- ☐ Stir together all ingredients except pasta and ricotta in a large bowl with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Let stand, stirring occasionally, 20 minutes.
- ☐ Meanwhile, cook orecchiette in a pasta pot of boiling salted water (3 tablespoons salt for 6 qt water) until al dente.
- ☐ Drain pasta and toss with tomato salsa. Season with salt and pepper and dollop with ricotta.
- ☐ Per serving: 593 calories, 15g fat (5g saturated), 24mg cholesterol, 491mg sodium, 93g carbohydrates, 6g fiber, 22g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:36.58, Inflammation Score:-9, Nutrition Score:23.211739172106%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 602.12kcal (30.11%), Fat: 15.15g (23.3%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 94.42g (31.47%), Net Carbohydrates: 88.41g (32.15%), Sugar: 8.15g (9.06%), Cholesterol: 23.72mg (7.91%), Sodium: 57.72mg (2.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.83%), Selenium: 78.74µg (112.48%), Manganese: 1.33mg (66.4%), Vitamin A: 1872.28IU (37.45%), Phosphorus: 337.28mg (33.73%), Vitamin K: 35.08µg (33.41%), Vitamin C: 24.99mg (30.29%), Fiber: 6.01g (24.04%), Copper: 0.46mg (23.22%), Magnesium: 88.36mg (22.09%), Potassium: 746.03mg (21.32%), Vitamin B6: 0.37mg (18.3%), Zinc: 2.51mg (16.72%), Vitamin B3: 3.06mg (15.3%), Calcium: 149.67mg (14.97%), Vitamin E: 2.19mg (14.57%), Folate: 56.43µg (14.11%), Iron: 2.4mg (13.32%), Vitamin B1: 0.18mg (11.96%), Vitamin B2: 0.2mg (11.66%), Vitamin B5: 0.78mg (7.76%), Vitamin B12: 0.16µg (2.63%)