



Orechiette with Ricotta and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.5 cup basil leaves fresh minced
- ☐ 1.5 teaspoons garlic minced
- ☐ 4 servings lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 12 ounces orechiette pasta dried
- ☐ 1 cup peas frozen
- ☐ 4 servings salt and pepper
- ☐ 8 oz whole-milk ricotta cheese

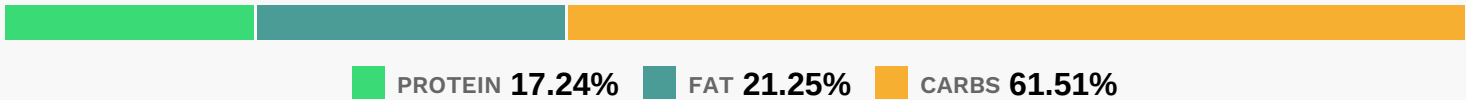
Equipment

☐ frying pan

Directions

- ☐ Cook pasta in 3 quarts boiling water until just tender to bite, about 8 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over medium heat, stir garlic in oil until limp, about 2 minutes.
- ☐ Add cheese, broth, and peas and stir until simmering, 4 to 5 minutes.
- ☐ Drain pasta; return to pan.
- ☐ Add cheese mixture to pasta and mix well.
- ☐ Add basil and mix again.
- ☐ Add to taste salt, pepper, and juice from lemon wedges.

Nutrition Facts



Properties

Glycemic Index:59.71, Glycemic Load:27.54, Inflammation Score:-7, Nutrition Score:17.871304201043%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 466.16kcal (23.31%), Fat: 10.91g (16.79%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 71.07g (23.69%), Net Carbohydrates: 66.19g (24.07%), Sugar: 4.61g (5.12%), Cholesterol: 28.92mg (9.64%), Sodium: 480.81mg (20.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.85%), Selenium: 64.05µg (91.49%), Manganese: 0.99mg (49.61%), Phosphorus: 299.28mg (29.93%), Vitamin K: 23.37µg (22.26%), Fiber: 4.89g (19.55%), Vitamin C: 15.92mg (19.3%), Copper: 0.35mg (17.39%), Magnesium: 66.13mg (16.53%), Zinc: 2.36mg (15.71%), Calcium: 154.31mg (15.43%), Vitamin A: 688.19IU (13.76%), Vitamin B2: 0.23mg (13.24%), Vitamin B3:

2.62mg (13.08%), Vitamin B1: 0.19mg (12.53%), Folate: 48.43µg (12.11%), Vitamin B6: 0.23mg (11.69%), Iron: 2.07mg (11.48%), Potassium: 369.47mg (10.56%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.31µg (5.1%), Vitamin E: 0.52mg (3.45%)