



WHATSheATE



Pappardelle with Baby Spinach, Herbs, and Ricotta

READY IN



27 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 8 ounces pappardelle uncooked (wide ribbon pasta)
- ☐ 3 tablespoons pecorino romano cheese fresh grated
- ☐ 0.3 cup whole-milk ricotta cheese

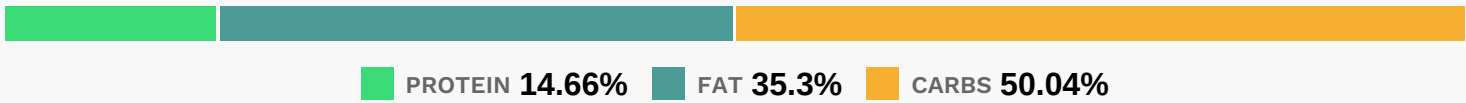
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ colander

Directions

- ☐ Cook pasta with 1 tablespoon kosher salt according to package directions, omitting additional fat.
- ☐ Drain in a colander over a bowl, and reserve 1 cup cooking liquid.
- ☐ Combine 1/2 cup reserved hot cooking liquid and ricotta cheese in a food processor or blender, and process until well blended.
- ☐ Combine hot pasta, cheese mixture, spinach, and remaining ingredients in a large bowl; toss gently to coat.
- ☐ Add additional cooking liquid to moisten, if needed.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:17.38, Inflammation Score:-9, Nutrition Score:20.373043257257%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 339.24kcal (16.96%), Fat: 13.39g (20.6%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 40.03g (14.55%), Sugar: 1.32g (1.47%), Cholesterol: 62.07mg (20.69%), Sodium: 1985.65mg (86.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin K: 180.72µg (172.11%), Selenium: 48.49µg (69.27%), Vitamin A: 2905.32IU (58.11%), Manganese: 0.78mg (38.89%), Phosphorus: 214.78mg (21.48%), Folate: 75.61µg (18.9%), Vitamin C: 15.26mg (18.5%), Magnesium: 59.49mg (14.87%), Calcium: 140.73mg (14.07%), Iron: 2.34mg (13%), Vitamin E: 1.74mg (11.61%), Copper: 0.22mg (11.08%), Zinc: 1.63mg (10.89%), Fiber: 2.68g (10.71%), Potassium: 342.46mg (9.78%), Vitamin B2: 0.16mg (9.61%), Vitamin B6: 0.19mg (9.57%), Vitamin B1: 0.13mg (8.34%), Vitamin B3: 1.49mg (7.46%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.23µg (1.53%)