



Pappardelle with Ricotta: Pappardelle con Ricotta

READY IN



40 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup arugula fresh chopped
- ☐ 0.3 cup chives snipped
- ☐ 0.3 cup fennel tops chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 pound pappardelle
- ☐ 0.3 cup parsley leaves fresh italian chopped
- ☐ 0.3 cup pecorino freshly grated
- ☐ 1 cup ricotta cheese

☐ 4 servings salt and pepper black freshly ground

Equipment

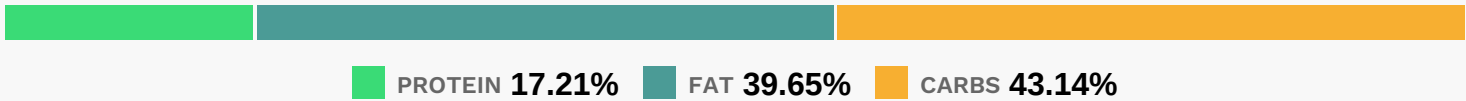
☐ bowl

☐ pot

Directions

- ☐ Bring 4 quarts of water to a boil in a large pot.
- ☐ Add 1 tablespoon of salt. When the water comes to a rolling boil, stir in the pasta. Cook according to the package directions, until al dente.
- ☐ In the meantime, mix the chives, parsley, fennel, arugula, and oil in a small bowl.
- ☐ Place the ricotta in a medium-sized bowl; mix with the extra-virgin olive oil and 1 cup pasta cooking water.
- ☐ Mix in herb salad.
- ☐ Drain the pasta well and transfer the pasta to a large bowl. Spoon the ricotta mixture over the pasta and add the pecorino. Toss to combine. If the resulting pasta appears too dry, add a little more pasta water. Season, to taste, with salt and pepper.
- ☐ Serve immediately

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:17.71, Inflammation Score:-6, Nutrition Score:16.654782502548%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 401.88kcal (20.09%), Fat: 17.72g (27.26%), Saturated Fat: 7.64g (47.77%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 41.1g (14.95%), Sugar: 1.6g (1.77%), Cholesterol: 85.75mg (28.58%), Sodium: 144.45mg (6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.6%), Selenium: 54.65µg (78.07%), Vitamin K: 76.12µg (72.49%), Phosphorus: 289.26mg (28.93%), Manganese: 0.53mg (26.61%), Calcium: 227.32mg (22.73%), Vitamin A: 799.21IU (15.98%), Zinc: 2.04mg (13.61%), Vitamin B2: 0.2mg (12.04%), Magnesium: 46.88mg (11.72%), Copper: 0.2mg (9.93%), Iron: 1.73mg (9.62%), Fiber: 2.27g (9.08%), Folate: 35.34µg (8.84%), Vitamin C: 7.28mg (8.82%), Vitamin B6: 0.17mg (8.25%), Vitamin E: 1.14mg (7.61%), Potassium: 265.5mg (7.59%), Vitamin B1: 0.11mg (7.54%), Vitamin B12: 0.45µg (7.42%), Vitamin B5: 0.72mg (7.18%), Vitamin B3: 1.37mg (6.83%), Vitamin D: 0.33µg (2.17%)