



Pasta Cacio e Pepe



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



504 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arugula fresh packed ()
- ☐ 2 servings pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 ounces penne pasta

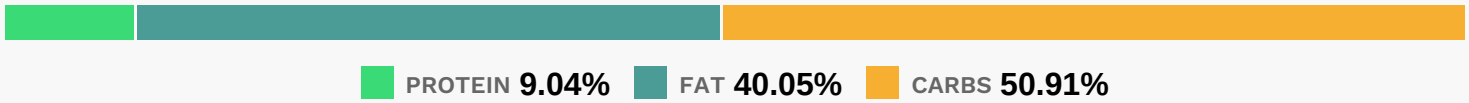
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Fill large serving bowl with hot water to heat bowl; let stand while cooking pasta. Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta, reserving 1/2 cup pasta cooking liquid.
- ☐ Pour out hot water from serving bowl. Immediately add drained pasta and oil to bowl, then arugula and cheese and toss to coat. If dry, add some of reserved pasta cooking liquid by tablespoonfuls. Season with salt and freshly ground black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:25.61, Inflammation Score:-5, Nutrition Score:12.214347740878%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 503.92kcal (25.2%), Fat: 22.35g (34.39%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 63.93g (21.31%), Net Carbohydrates: 61.03g (22.19%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 8.24mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Selenium: 53.79µg (76.84%), Manganese: 0.82mg (41.24%), Vitamin K: 23.79µg (22.66%), Vitamin E: 3.16mg (21.08%), Phosphorus: 166.1mg (16.61%), Copper: 0.25mg (12.74%), Magnesium: 49.95mg (12.49%), Fiber: 2.91g (11.63%), Zinc: 1.25mg (8.32%), Iron: 1.38mg (7.66%), Vitamin B3: 1.48mg (7.39%), Potassium: 228.1mg (6.52%), Vitamin B6: 0.13mg (6.42%), Folate: 25.03µg (6.26%), Vitamin B1: 0.08mg (5.4%), Vitamin A: 237.85IU (4.76%), Vitamin B5: 0.41mg (4.12%), Vitamin B2: 0.06mg (3.52%), Calcium: 34.51mg (3.45%), Vitamin C: 1.5mg (1.82%)