



Pasta Salad with Ricotta Salata and Broccolini

READY IN



25 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bundles broccolini
- 4 servings coarse salt and pepper
- 0.5 pound cavatappi pasta cooked (twists)
- 6 sprigs thyme leaves fresh
- 3 cloves garlic chopped
- 0.5 pint grape tomatoes halved
- 0.3 cup olive oil extra-virgin
- 0.3 pound wedge ricotta salata
- 1 shallots chopped

Equipment

- bowl
- frying pan
- stove

Directions

- Trim and discard the bottom 1/2-inch from the broccolini. Then cut the broccolini into 1-inch pieces. Steam broccolini covered in small skillet in 1/2 inch boiling water for 3 minutes, cold shock, and drain.
- Combine broccolini and pasta in a bowl.
- Return pan to stove over low heat and saute shallots and garlic in oil 2 minutes.
- Pour warm oil over pasta and broccolini. Crumble ricotta salata over pasta.
- Sprinkle the pasta with thyme, salt, and pepper, and toss to combine. Adjust seasonings and garnish salad with halved grape tomatoes.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:9.44, Inflammation Score:-9, Nutrition Score:8.9382609595423%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 334.7kcal (16.73%), Fat: 23.59g (36.3%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 20.95g (7.62%), Sugar: 2.5g (2.78%), Cholesterol: 19.28mg (6.43%), Sodium: 230.84mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Selenium: 20.84µg (29.78%), Vitamin E: 2.99mg (19.94%), Manganese: 0.33mg (16.72%), Vitamin K: 16.01µg (15.25%), Vitamin A: 741.44IU (14.83%), Vitamin C: 12.17mg (14.75%), Phosphorus: 115.59mg (11.56%), Calcium: 101.24mg (10.12%), Fiber: 2.19g (8.77%), Iron: 1.51mg

(8.39%), Vitamin B6: 0.15mg (7.3%), Potassium: 244.07mg (6.97%), Vitamin B2: 0.11mg (6.3%), Magnesium: 25.15mg (6.29%), Zinc: 0.91mg (6.05%), Copper: 0.12mg (6.01%), Folate: 20.24µg (5.06%), Vitamin B3: 0.67mg (3.37%), Vitamin B1: 0.05mg (3.14%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.13µg (2.14%)