



Pasta With Cherry Tomatoes and Herbed Ricotta

READY IN



20 min.

SERVINGS



4

CALORIES



720 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon balsamic vinegar
- 2 pints cherry tomatoes very ripe cut in half
- 0.3 cup olive oil extra virgin
- 6 tablespoons basil fresh divided finely chopped
- 1 tablespoon garlic clove minced
- 4 servings pepper black freshly ground
- 1 pound soup noodles dried
- 0.3 cup pecorino cheese grated

- 1 cup ricotta cheese
- 0.5 serrano chiles finely minced

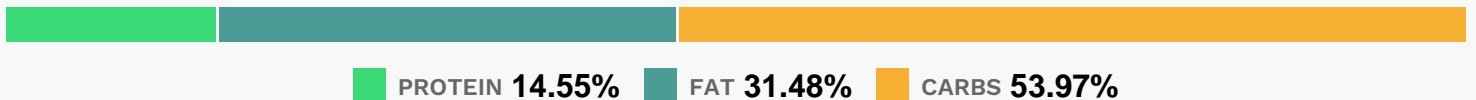
Equipment

- bowl
- pot

Directions

- Place a large pot of salted water on to boil.
- In a small pot, heat the 1/4 cup of olive oil until lightly smoking over medium heat, then drop in the garlic and chili pepper if using. Cook until fragrant, about 30 seconds to 1 minute.
- Add the tomatoes, season with salt and pepper, and continue to cook, stirring often, just until the tomatoes begin to soften, about 4 minutes.
- Remove from the heat, stir in 4 tablespoons of the chopped basil and the balsamic vinegar, then set aside.
- In a small bowl, mix together the ricotta cheese, remaining tablespoon of olive oil, 2 tablespoons chopped basil, and the pecorino cheese. Season with salt and pepper and set aside.
- Cook the pasta following manufacturer's direction until it is al dente.
- Drain, reserving 1/2 cup of pasta water and return the pasta to the pot along with the tomato mixture. Toss to mix well, adding pasta water as necessary to adjust consistency, then serve the pasta in individual bowls topped with a large spoonful of the herbed ricotta cheese on each.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:34.94, Inflammation Score:-9, Nutrition Score:26.991738848064%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 719.96kcal (36%), Fat: 25.24g (38.83%), Saturated Fat: 8.43g (52.69%), Carbohydrates: 97.34g (32.45%), Net Carbohydrates: 91.91g (33.42%), Sugar: 9.38g (10.42%), Cholesterol: 38.12mg (12.71%), Sodium: 161.02mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.51%), Selenium: 83.05µg (118.64%), Manganese: 1.38mg (68.85%), Vitamin C: 55.44mg (67.2%), Phosphorus: 431.46mg (43.15%), Vitamin A: 1624.76IU (32.5%), Vitamin K: 28.42µg (27.07%), Copper: 0.54mg (27.01%), Calcium: 254.61mg (25.46%), Potassium: 861.14mg (24.6%), Magnesium: 93.68mg (23.42%), Vitamin E: 3.51mg (23.39%), Fiber: 5.43g (21.71%), Vitamin B6: 0.41mg (20.67%), Iron: 3.6mg (19.98%), Zinc: 2.86mg (19.08%), Vitamin B3: 3.31mg (16.55%), Vitamin B2: 0.27mg (15.85%), Folate: 61.34µg (15.33%), Vitamin B1: 0.2mg (13.54%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.16µg (1.03%)