



HEALTH SCORE

71%

Pasta with Creamy Spinach Sauce



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cream cheese
- ☐ 0.3 cup feta cheese
- ☐ 2 tablespoons parsley fresh
- ☐ 3 cloves garlic peeled
- ☐ 6 servings salt & ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup onions diced
- ☐ 0.3 cup pasta water hot

- ☐ 1 pound penne pasta dried
- ☐ 1 pound pkt spinach fresh
- ☐ 0.3 cup virgin olive oil

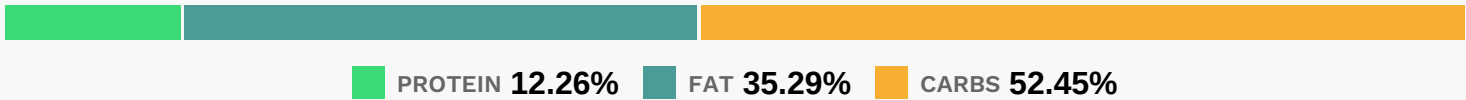
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a fry pan over medium heat, warm the olive oil.
- ☐ Add the onion and sauté lightly until golden, 5 to 8 minutes.
- ☐ Add the garlic and sauté for 1 minute more.
- ☐ Add the spinach and sauté, stirring, until completely wilted, about 3 minutes.
- ☐ Add the salt and pepper and continue sautéing for about 2 minutes more.
- ☐ Place the spinach mixture, parsley, feta cheese and cream cheese in a food processor.
- ☐ Add the hot pasta water. Then season with salt and plenty of black pepper.Cook the pasta per package instructions.
- ☐ Drain and toss immediately with the green sauce.
- ☐ Sprinkle red hot pepper on top and serve with asiago or parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:23.85, Inflammation Score:-10, Nutrition Score:28.514347873304%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

0.67mg, Isorhamnetin: 0.67mg Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 475.11kcal (23.76%), Fat: 18.78g (28.9%), Saturated Fat: 6.44g (40.25%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 58.37g (21.23%), Sugar: 3.77g (4.18%), Cholesterol: 26.52mg (8.84%), Sodium: 220.94mg (9.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Vitamin K: 393.29µg (374.56%), Vitamin A: 7491.68IU (149.83%), Selenium: 51.7µg (73.86%), Manganese: 1.43mg (71.68%), Folate: 170.26µg (42.57%), Vitamin C: 26.41mg (32.01%), Magnesium: 106.02mg (26.51%), Phosphorus: 235.74mg (23.57%), Vitamin E: 3.11mg (20.76%), Potassium: 660mg (18.86%), Iron: 3.31mg (18.37%), Vitamin B2: 0.31mg (18.21%), Fiber: 4.42g (17.7%), Vitamin B6: 0.34mg (16.95%), Copper: 0.34mg (16.91%), Calcium: 158.9mg (15.89%), Zinc: 1.86mg (12.4%), Vitamin B1: 0.16mg (10.39%), Vitamin B3: 1.98mg (9.91%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.18µg (3.04%)