



Pasta with Ricotta and Edamame

 Vegetarian

READY IN



22 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups edamame frozen shelled
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 pound fusilli
- ☐ 0.5 cup parmesan grated
- ☐ 15 oz ricotta
- ☐ 6 servings salt and pepper

Equipment

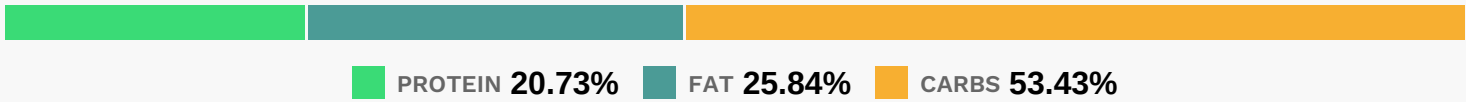
- ☐ bowl

☐ pot

Directions

- ☐ Stir together ricotta, Parmesan and salt in a large bowl.
- ☐ Bring a large pot of salted water to boil. Cook pasta until just al dente, 11 to 12 minutes (or as package label directs).
- ☐ Add edamame to pot for final 1 minute of pasta cooking time. Reserve 1 cup cooking water and drain pasta and edamame.
- ☐ Add pasta to bowl with cheese mixture along with 1/2 cup cooking water and stir. If mixture is too dry, add more water, 1 Tbsp. at a time, until creamy. Stir in mint, season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:14.622174019399%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 498.21kcal (24.91%), Fat: 14.16g (21.79%), Saturated Fat: 7.46g (46.64%), Carbohydrates: 65.91g (21.97%), Net Carbohydrates: 61.29g (22.29%), Sugar: 3.61g (4.01%), Cholesterol: 41.81mg (13.94%), Sodium: 392.13mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Selenium: 59.93µg (85.62%), Manganese: 0.73mg (36.45%), Phosphorus: 314.52mg (31.45%), Calcium: 308.11mg (30.81%), Fiber: 4.62g (18.47%), Iron: 2.78mg (15.45%), Zinc: 2.15mg (14.3%), Potassium: 487.6mg (13.93%), Magnesium: 53.54mg (13.38%), Vitamin B2: 0.22mg (12.82%), Copper: 0.24mg (12.22%), Vitamin A: 486.67IU (9.73%), Vitamin B6: 0.15mg (7.43%), Vitamin B3: 1.42mg (7.12%), Folate: 25.55µg (6.39%), Vitamin B12: 0.34µg (5.68%), Vitamin B1: 0.08mg (5.5%), Vitamin B5: 0.52mg (5.23%), Vitamin D: 0.18µg (1.22%), Vitamin E: 0.18mg (1.2%)