



Penne with Grilled Zucchini, Ricotta Salata, and Mint

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 6 servings kosher salt
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pinches pepper dried red crushed
- ☐ 0.8 cup pecorino salted dry crumbled (ricotta cheese; 3 ounces)
- ☐ 1 pound ziti

☐ 2 pounds zucchini trimmed halved lengthwise

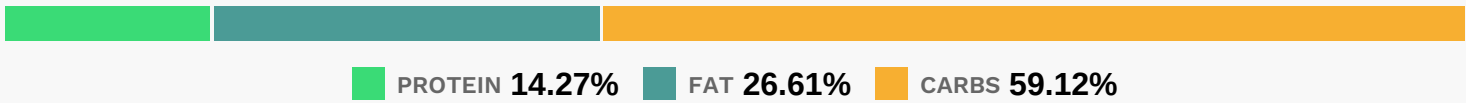
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat). Arrange zucchini on rimmed baking sheet; brush all over with oil.
- ☐ Sprinkle with coarse salt and black pepper. Grill zucchini until tender, about 4 minutes per side.
- ☐ Transfer to work surface; cut crosswise into 1-inch pieces.
- ☐ Place in large serving bowl.
- ☐ Add vinegar, mint, and crushed red pepper; set aside.
- ☐ Cook pasta in boiling salted water until just tender but still firm to bite.
- ☐ Drain.
- ☐ Add pasta to zucchini mixture, then add 3 tablespoons olive oil and ricotta salata and toss. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:23.89, Inflammation Score:-7, Nutrition Score:17.083478052979%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 428.35kcal (21.42%), Fat: 12.67g (19.5%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 59.24g (21.54%), Sugar: 6.68g (7.42%), Cholesterol: 15.81mg (5.27%), Sodium: 238.98mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.58%), Selenium: 52.59µg (75.13%), Manganese: 1.01mg (50.28%), Vitamin C: 27.66mg (33.53%), Phosphorus: 251.96mg (25.2%), Vitamin B6: 0.37mg (18.53%), Magnesium: 73.06mg (18.26%), Potassium: 614.49mg (17.56%), Fiber: 4.12g (16.47%), Copper: 0.31mg (15.72%), Vitamin B2: 0.25mg (14.91%), Folate: 55.78µg (13.94%), Zinc: 1.94mg (12.92%), Calcium: 110.98mg (11.1%), Vitamin K: 11.33µg (10.79%), Vitamin A: 530.43IU (10.61%), Iron: 1.85mg (10.28%), Vitamin B3: 2.04mg (10.18%), Vitamin B1: 0.14mg (9.46%), Vitamin E: 1.32mg (8.8%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.11µg (1.76%)