



Penne with Ricotta and Asparagus

🤍 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



778 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings salt
- ☐ 1.3 pound asparagus thick ends trimmed
- ☐ 1 pound penne pasta
- ☐ 1 clove garlic peeled mashed
- ☐ 15 oz ricotta cheese
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.7 cup parmesan cheese freshly grated
- ☐ 4 servings kosher salt and pepper black freshly ground

☐ 4 servings nutmeg

Equipment

☐ bowl

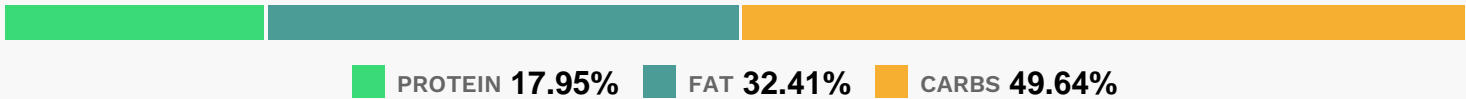
☐ pot

☐ tongs

Directions

- ☐ Blanch the asparagus: Bring a large pot of water to a boil. (You will cook both the asparagus and the pasta in the same pot of water.)
- ☐ Add a couple teaspoons of salt. Have an ice bath ready.
- ☐ Add the asparagus and cook until tender but firm, about 4 minutes.
- ☐ Remove the asparagus with tongs and place in the ice bath to stop the cooking.
- ☐ Cut the asparagus into 1/8-inch diagonal slices, leaving the tips intact.
- ☐ Cook the pasta: Bring the water back to a boil and add the penne pasta.
- ☐ Make the ricotta sauce: While the penne is cooking, rub the inside of a large serving bowl with the mashed garlic. Discard the garlic.
- ☐ Add the ricotta, olive oil, and 1/4 cup of the pasta cooking water.
- ☐ Mix together in the bowl.
- ☐ Add pasta to the ricotta mixture, with asparagus and parm: When the pasta is done, drain it, reserving some of the cooking water.
- ☐ Add the penne to the ricotta mixture. Fold in the asparagus and half of the Parmesan cheese.
- ☐ Season to taste with salt, pepper, and several dashes of nutmeg.
- ☐ Add some of the reserved pasta water if needed.
- ☐ Serve with remaining grated Parmesan cheese in a separate bowl for sprinkling.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:36.2, Inflammation Score:-9, Nutrition Score:30.287391652232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg, Isorhamnetin: 8.08mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 19.83mg, Quercetin: 19.83mg, Quercetin: 19.83mg, Quercetin: 19.83mg

Nutrients (% of daily need)

Calories: 777.95kcal (38.9%), Fat: 28.08g (43.2%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 96.77g (32.26%), Net Carbohydrates: 89.71g (32.62%), Sugar: 6.57g (7.3%), Cholesterol: 68.72mg (22.91%), Sodium: 585mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.97%), Selenium: 96.32µg (137.6%), Manganese: 1.37mg (68.41%), Vitamin K: 64.92µg (61.83%), Phosphorus: 567.23mg (56.72%), Calcium: 430.9mg (43.09%), Vitamin A: 1691.52IU (33.83%), Copper: 0.65mg (32.44%), Vitamin B2: 0.53mg (31.46%), Zinc: 4.37mg (29.15%), Iron: 5.11mg (28.39%), Fiber: 7.06g (28.25%), Folate: 109.44µg (27.36%), Magnesium: 101.5mg (25.37%), Vitamin B1: 0.33mg (22.11%), Potassium: 692.95mg (19.8%), Vitamin E: 2.94mg (19.59%), Vitamin B6: 0.36mg (18.1%), Vitamin B3: 3.47mg (17.35%), Vitamin B5: 1.16mg (11.64%), Vitamin C: 8.23mg (9.98%), Vitamin B12: 0.59µg (9.77%), Vitamin D: 0.3µg (1.97%)