



Penne with Ricotta and Mint

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon mint leaves fresh minced
- 2 tablespoons parsley fresh minced
- 2 tablespoons green onions thinly sliced
- 1 tablespoon juice of lemon
- 2 tablespoons parmesan cheese grated
- 1 cup part-skim ricotta cheese
- 1 pound penne pasta) (tube-shaped uncooked
- 1 teaspoon salt

1 tablespoon stick margarine melted

Equipment

bowl

colander

Directions

Combine first 8 ingredients in a large bowl; set aside.

Cook pasta according to package directions, omitting salt and fat.

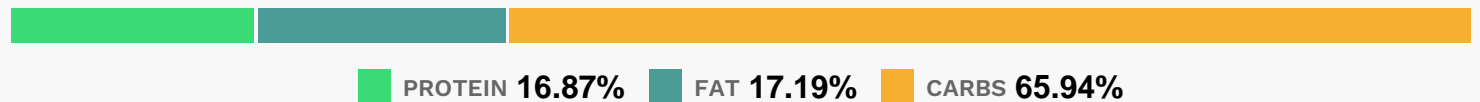
Drain the pasta in a colander over a bowl, reserving 1/2 cup cooking liquid.

Add 1/2 cup cooking liquid to the ricotta mixture; stir until mixture is well-blended.

Add the pasta to the ricotta mixture; toss well.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:22.78, Inflammation Score:-5, Nutrition Score:12.877391269673%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 365.34kcal (18.27%), Fat: 6.9g (10.62%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 59.54g (19.85%), Net Carbohydrates: 56.87g (20.68%), Sugar: 2.27g (2.52%), Cholesterol: 14.26mg (4.75%), Sodium: 497.61mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Selenium: 55.3µg (79%), Manganese: 0.76mg (37.89%), Vitamin K: 26.95µg (25.66%), Phosphorus: 232.5mg (23.25%), Calcium: 150.95mg (15.09%), Magnesium: 49.39mg (12.35%), Copper: 0.24mg (12.24%), Zinc: 1.73mg (11.53%), Fiber: 2.67g (10.69%), Vitamin A:

430.92IU (8.62%), Vitamin B2: 0.13mg (7.92%), Iron: 1.36mg (7.58%), Potassium: 249.09mg (7.12%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.12mg (6.14%), Folate: 23.92µg (5.98%), Vitamin B1: 0.08mg (5.42%), Vitamin B5: 0.45mg (4.51%), Vitamin C: 3.39mg (4.11%), Vitamin B12: 0.14µg (2.41%), Vitamin E: 0.23mg (1.5%)