



Penne with Spinach Sauce

 Very Healthy

READY IN



27 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces baby spinach leaves fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves
- ☐ 2 ounces goat cheese
- ☐ 1 pound multi grain penne whole wheat
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 1 ounce cream cheese
- ☐ 0.8 teaspoon salt

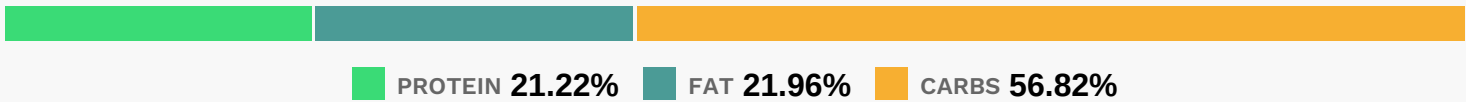
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to boil.
- ☐ Add the penne and cook until it is tender but still firm to the bite, stirring occasionally, about 12 minutes.
- ☐ Mince the garlic in a food processor.
- ☐ Add the goat cheese, cream cheese, 3/4 teaspoon of salt, 1/2 teaspoon of pepper, and half of the spinach leaves. Blend until the mixture is smooth and creamy. Set the cheese and spinach mixture aside.
- ☐ Meanwhile, place the remaining spinach leaves in a large bowl.
- ☐ Drain the pasta, reserving 1 cup of the cooking liquid. Spoon the pasta atop the spinach leaves in the bowl. Scrape the cheese and spinach mixture over the pasta mixture and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper.
- ☐ Sprinkle the Parmesan over and serve.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:19.85, Inflammation Score:-9, Nutrition Score:23.143043529728%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 242.17kcal (12.11%), Fat: 5.95g (9.16%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 29.42g (10.7%), Sugar: 3.84g (4.27%), Cholesterol: 8.03mg (2.68%), Sodium: 732mg (31.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Vitamin K: 143.37µg (136.55%), Manganese: 1.93mg (96.29%), Vitamin A: 2798.36IU (55.97%), Selenium: 20.84µg (29.77%), Folate: 88.97µg (22.24%), Vitamin B1: 0.33mg (22%), Phosphorus: 219.66mg (21.97%), Magnesium: 83.9mg (20.97%), Fiber: 5.23g (20.93%), Calcium: 194.88mg (19.49%), Vitamin B3: 3.62mg (18.09%), Iron: 2.95mg (16.38%), Copper: 0.29mg (14.29%), Vitamin B2: 0.23mg (13.6%), Vitamin B6: 0.26mg (13.25%), Zinc: 1.66mg (11.07%), Potassium: 371.14mg (10.6%), Vitamin C: 8.43mg (10.22%), Vitamin E: 1.02mg (6.8%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.08µg (1.36%)