



WHATSheATE



Penne with Wilted Arugula, Radicchio, and Smoked Mozzarella



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 cups arugula trimmed
- ☐ 1 cup basil fresh
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 4 oz mozzarella cheese smoked cut into 1/2-inch dice
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 lb penne pasta dried
- ☐ 6 oz radicchio thinly

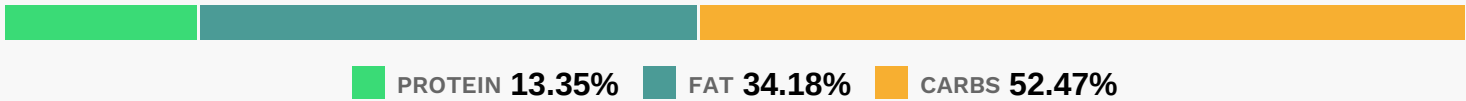
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Cook pasta in a 6-quart pot of well-salted boiling water until al dente.
- ☐ While pasta is boiling, whisk together oil, zest, garlic, and salt and pepper to taste in a large bowl. Then thinly slice radicchio, arugula, and basil and add to dressing.
- ☐ Reserve 1/2 cup cooking water and drain pasta in a colander.
- ☐ Add hot pasta and reserved cooking water to greens and let stand 1 minute to wilt.
- ☐ Add mozzarella and lemon juice and toss well. Season with salt and pepper and serve warm.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:23.06, Inflammation Score:-7, Nutrition Score:18.898695676223%

Flavonoids

Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg, Cyanidin: 36mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.78mg, Luteolin: 10.78mg, Luteolin: 10.78mg, Luteolin: 10.78mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg

Nutrients (% of daily need)

Calories: 455.49kcal (22.77%), Fat: 17.28g (26.58%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 56.57g (20.57%), Sugar: 2.96g (3.28%), Cholesterol: 14.93mg (4.98%), Sodium: 135.31mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Vitamin K: 118.24µg (112.61%), Selenium: 51.47µg (73.53%), Manganese: 0.87mg (43.27%), Phosphorus: 235.74mg (23.57%), Copper: 0.35mg (17.6%), Vitamin E: 2.57mg (17.11%), Vitamin A: 821.57IU (16.43%), Calcium: 158.46mg (15.85%), Magnesium: 60.09mg (15.02%), Folate: 55.13µg (13.78%), Zinc: 1.93mg (12.9%), Fiber: 3.13g (12.52%), Vitamin C: 8.66mg (10.5%), Potassium: 363.97mg (10.4%), Iron: 1.74mg (9.64%), Vitamin B6: 0.17mg (8.33%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.49mg (7.44%), Vitamin B12: 0.43µg (7.18%), Vitamin B1: 0.09mg (6.12%), Vitamin B5: 0.54mg (5.38%)