



Ricotta and Lemon-Basil Pasta

READY IN



17 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 8 ounces part-skim ricotta cheese
- ☐ 8 ounces soup noodles such as seashell or campanelle uncooked
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

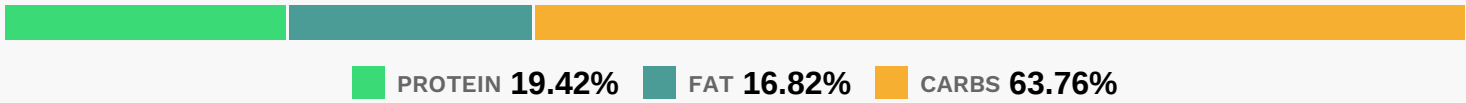
Equipment

☐ bowl

Directions

- ☐ Cook the pasta according to package directions.
- ☐ Drain, reserving 1/4 cup cooking liquid.
- ☐ Combine ricotta, next 5 ingredients (through pepper), and reserved cooking liquid in a large bowl.
- ☐ Add the pasta, and toss to combine.
- ☐ Garnish with lemon wedges, if desired.
- ☐ Serve immediately.
- ☐ Wine note: Wolf Blass South Australian Chardonnay, around \$12, is a classy number that tastes like twice the price. It combines lemony fruit and a soft kiss of toasty oak to complement the zestiness of the pasta and nuttiness from the green beans.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:17.06, Inflammation Score:-4, Nutrition Score:10.129565246727%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 290.63kcal (14.53%), Fat: 5.37g (8.26%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 43.82g (15.94%), Sugar: 1.81g (2.01%), Cholesterol: 17.58mg (5.86%), Sodium: 510.48mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Selenium: 45.33µg (64.75%), Manganese: 0.58mg (28.81%), Phosphorus: 212.52mg (21.25%), Calcium: 171.06mg (17.11%), Zinc: 1.58mg (10.52%), Magnesium: 40.25mg (10.06%), Copper: 0.19mg (9.68%), Vitamin B2: 0.14mg (8.32%), Fiber: 1.97g (7.86%), Vitamin K: 7.09µg (6.75%), Potassium: 209.81mg (5.99%), Vitamin A: 298.69IU (5.97%), Iron: 1.07mg (5.94%), Vitamin B3: 1.03mg (5.15%), Vitamin B6: 0.1mg (4.87%), Folate: 19.45µg (4.86%), Vitamin B1: 0.06mg (4.33%), Vitamin B5: 0.39mg (3.95%), Vitamin C: 2.37mg (2.87%), Vitamin B12: 0.16µg (2.74%)