



Ricotta Spaghetti

READY IN



25 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 cup part-skim ricotta cheese
- ☐ 0.8 pound pasta like spaghetti

Equipment

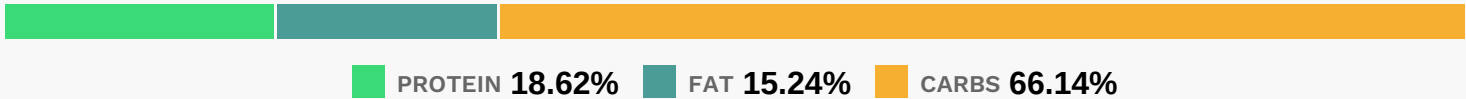
- ☐ sauce pan

- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes.
- ☐ Drain well in a colander set in the sink, reserving 2 tablespoons of the cooking water.
- ☐ Stir the garlic, ricotta, and basil in a saucepan over medium-low until hot, about 4 minutes. Season to taste with salt and pepper; stir in the spaghetti and reserved water from cooking the pasta.
- ☐ Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:17.08, Inflammation Score:-3, Nutrition Score:8.8991305666125%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 275.41kcal (13.77%), Fat: 4.6g (7.07%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 43.05g (15.65%), Sugar: 1.65g (1.83%), Cholesterol: 14.26mg (4.75%), Sodium: 84.34mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.28%), Selenium: 43.4µg (61.99%), Manganese: 0.55mg (27.35%), Phosphorus: 194.31mg (19.43%), Calcium: 140.47mg (14.05%), Zinc: 1.43mg (9.55%), Magnesium: 37.15mg (9.29%), Copper: 0.18mg (9.08%), Fiber: 1.85g (7.4%), Vitamin B2: 0.12mg (6.88%), Potassium: 184.6mg (5.27%), Iron: 0.95mg (5.25%), Vitamin B3: 1mg (5.01%), Vitamin B6: 0.1mg (4.83%), Vitamin B1: 0.06mg (4.09%), Folate: 15.73µg (3.93%), Vitamin B5: 0.35mg (3.54%), Vitamin A: 175.49IU (3.51%), Vitamin B12: 0.14µg (2.37%)