



Ricotta-Spinach Pasta

READY IN



18 min.

SERVINGS



4

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach fresh
- ☐ 0.5 teaspoon pepper black
- ☐ 9 ounces fettuccine barilla refrigerated
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 4 servings orange and olive salad
- ☐ 2 tablespoons olive oil divided

- ☐ 1.5 cups bell pepper diced red
- ☐ 0.7 cup whole-milk ricotta cheese
- ☐ 0.3 cup walnuts chopped

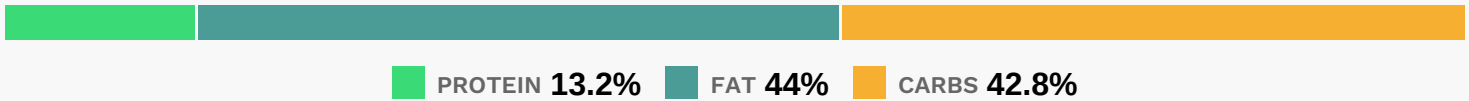
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain in a colander over a bowl; reserve 1/2 cup pasta water.
- ☐ Combine ricotta, 1 teaspoon rind, 1/4 teaspoon salt, and black pepper.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add bell pepper; saut 2 minutes.
- ☐ Add walnuts, 1/2 teaspoon salt, and garlic; saut 2 minutes. Stir in 1 tablespoon oil and juice.
- ☐ Add pasta, pasta water, and spinach; cook 1 minute or until spinach wilts. Top with ricotta mixture and rind strips, if desired.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:20.67, Inflammation Score:-10, Nutrition Score:30.771738949029%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 497.36kcal (24.87%), Fat: 24.9g (38.31%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 49.22g (17.9%), Sugar: 4.26g (4.73%), Cholesterol: 74.66mg (24.89%), Sodium: 817.12mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Vitamin K: 117.4µg (111.81%), Vitamin C: 81mg (98.18%), Vitamin A: 4165.42IU (83.31%), Selenium: 57.64µg (82.35%), Manganese: 1.23mg (61.44%), Phosphorus: 284.46mg (28.45%), Folate: 103.91µg (25.98%), Vitamin E: 3.47mg (23.14%), Vitamin B6: 0.46mg (23.05%), Copper: 0.43mg (21.48%), Magnesium: 85.12mg (21.28%), Fiber: 5.28g (21.11%), Calcium: 161.8mg (16.18%), Zinc: 2.31mg (15.43%), Iron: 2.73mg (15.14%), Potassium: 514.06mg (14.69%), Vitamin B2: 0.25mg (14.63%), Vitamin B1: 0.21mg (13.76%), Vitamin B3: 2.28mg (11.39%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.33µg (5.43%), Vitamin D: 0.27µg (1.83%)