



Rotini with Salsa di Limone

READY IN



30 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup feta cheese crumbled
- ☐ 1 large lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.3 pound roma tomatoes diced seeded
- ☐ 1 pound rotini pasta
- ☐ 1 teaspoon salt

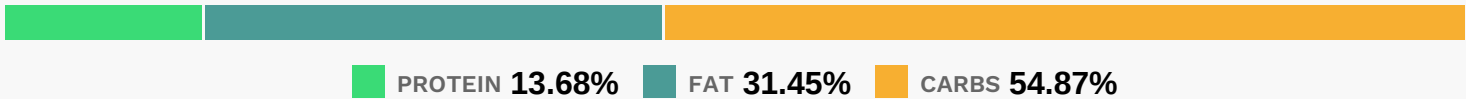
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta, reserving 1 cup of the pasta water.
- ☐ Place the hot pasta in a large bowl.
- ☐ Add the tomatoes, olive oil, lemon zest and juice, ricotta salata cheese, salt, pepper, and 1/2 cup of the pasta water. Toss to combine, adding the remaining pasta water, if desired.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:24.02, Inflammation Score:-7, Nutrition Score:14.869565033394%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 449.85kcal (22.49%), Fat: 15.7g (24.16%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 57.95g (21.07%), Sugar: 4.66g (5.18%), Cholesterol: 21.08mg (7.03%), Sodium: 431.83mg (18.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.75%), Selenium: 53.79µg (76.84%), Manganese: 0.83mg (41.29%), Phosphorus: 231.25mg (23.13%), Vitamin A: 972.52IU (19.45%), Vitamin C: 14.24mg (17.26%), Fiber: 3.7g (14.81%), Copper: 0.29mg (14.32%), Magnesium: 55.45mg (13.86%), Vitamin K: 13.69µg (13.03%), Vitamin E: 1.94mg (12.93%), Potassium: 439.93mg (12.57%), Zinc: 1.71mg (11.41%), Calcium: 113.29mg (11.33%), Vitamin B6: 0.2mg (10.15%), Vitamin B3: 1.9mg (9.48%), Vitamin B2: 0.14mg (8.53%), Folate: 32.9µg (8.23%), Iron: 1.47mg (8.18%), Vitamin B1: 0.11mg (7.28%), Vitamin B5: 0.5mg (5.03%), Vitamin B12: 0.14µg (2.34%)