



Spaghetti with Fried Zucchini: Spaghetti con Zucchini Fritte

READY IN



50 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 garlic cloves thinly sliced
- ☐ 1 cup olive oil extra-virgin
- ☐ 0.3 cup pecorino grated
- ☐ 1 pinch chili flakes red chopped for garnish
- ☐ 3 tablespoons red wine vinegar
- ☐ 2 tablespoons ricotta cheese salted grated
- ☐ 4 servings salt and pepper black
- ☐ 2 scallions sliced

- ☐ 1 pound pasta like spaghetti dried
- ☐ 2 zucchini whole

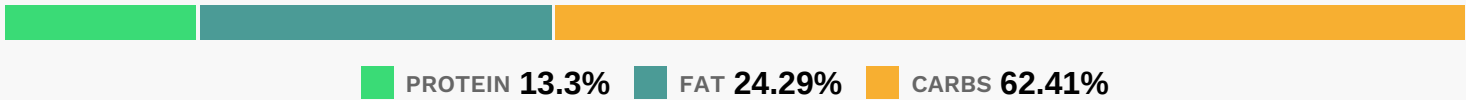
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Wash and dry the zucchini and trim the ends. Slice zucchini into thin disks about 1/4-inch thick. Set the zucchini slices aside. In a large saucepan, heat the olive oil, add a layer of zucchini and cook or "poach" like chips.
- ☐ Remove zucchini and drain. Repeat with remaining zucchini.
- ☐ Place zucchini into a serving bowl.
- ☐ Add the garlic and scallions to the saucepan and cook until they are soft and golden brown.
- ☐ Add the red wine vinegar and let cook until the vinegar evaporates, about 2 minutes. Toss into the bowl with the zucchini.
- ☐ Fill a heavy-bottomed saucepan with 6 quarts water and bring to a boil.
- ☐ Add 2 tablespoons salt, stirring to dissolve. Cook the spaghetti according to the package directions, until tender but still al dente.
- ☐ Drain the pasta. Toss the pasta with the zucchini, and add salt and pepper, to taste.
- ☐ Add the ricotta and the Pecorino.
- ☐ Serve immediately garnished with red chili flakes and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:34.84, Inflammation Score:-6, Nutrition Score:19.669565343339%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 578.67kcal (28.93%), Fat: 15.51g (23.87%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 89.65g (29.88%), Net Carbohydrates: 84.82g (30.84%), Sugar: 5.72g (6.35%), Cholesterol: 10.32mg (3.44%), Sodium: 292.73mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.23%), Selenium: 74.32µg (106.18%), Manganese: 1.28mg (64.04%), Phosphorus: 318.7mg (31.87%), Vitamin C: 19.66mg (23.83%), Vitamin K: 23.55µg (22.43%), Magnesium: 83.57mg (20.89%), Copper: 0.4mg (19.93%), Fiber: 4.84g (19.35%), Vitamin B6: 0.37mg (18.53%), Potassium: 555.52mg (15.87%), Zinc: 2.22mg (14.83%), Calcium: 132.25mg (13.23%), Vitamin E: 1.87mg (12.43%), Folate: 49.21µg (12.3%), Vitamin B3: 2.44mg (12.19%), Vitamin B2: 0.21mg (12.13%), Iron: 2.17mg (12.06%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 0.75mg (7.54%), Vitamin A: 322.82IU (6.46%), Vitamin B12: 0.1µg (1.59%)