



WHATSHATE



HEALTH SCORE

51%

Spaghetti with Ricotta and Radicchio

READY IN



20 min.

SERVINGS



4

CALORIES



756 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs plain homemade or panko style
- ☐ 3 clove garlic minced peeled
- ☐ 4 servings ground pepper fresh black
- ☐ 2 tablespoon very olive oil good plus more for drizzling
- ☐ 4 servings parmesan cheese to taste
- ☐ 0.5 cup parsley italian minced
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 10 ounce milk ricotta whole
- ☐ 1 pound pasta like spaghetti dried thin

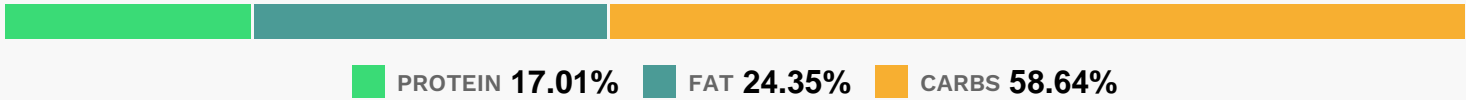
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat about 1 tablespoon of the olive oil in a medium-sized skillet set over medium heat.
- ☐ Add the garlic and cook until fragrant but not yet browned, about 2 minutes.
- ☐ Add the breadcrumbs and cook, stirring frequently. They should become golden in about 4 minutes.
- ☐ Remove the skillet from the heat and add the parsley. Continue to stir until the skillet has cooled somewhat. Set aside.Bring a large pot of water to boil over high heat.
- ☐ Add several tablespoons of salt.
- ☐ Add the pasta to the pot, stir a few times to avoid sticking and cook until al dente.
- ☐ Drain the pasta, reserving about 1 cup of pasta water for the sauce.
- ☐ Put the spaghetti and pasta water back into the pot, adding the ricotta and the remaining olive oil. Stir well to coat all the noodles.
- ☐ Add the ribbons of radicchio and about 25% of the breadcrumbs. Taste and season with more salt if necessary and plenty of black pepper. Toss to combine and turn the spaghetti out onto a serving platter, topping it with the remaining breadcrumbs and a big drizzle of olive oil.
- ☐ Serve warm, passing the Parmesan at the table.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:35.85, Inflammation Score:-8, Nutrition Score:29.27956523066%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol:

0.12mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 756.02kcal (37.8%), Fat: 20.25g (31.16%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 109.73g (36.58%), Net Carbohydrates: 104.52g (38.01%), Sugar: 8.45g (9.39%), Cholesterol: 28.9mg (9.63%), Sodium: 718.77mg (31.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.67%), Selenium: 86.93µg (124.18%), Vitamin K: 130.17µg (123.97%), Manganese: 1.36mg (68.07%), Phosphorus: 546.98mg (54.7%), Calcium: 530.95mg (53.09%), Vitamin B1: 0.43mg (28.39%), Magnesium: 98.09mg (24.52%), Vitamin B2: 0.39mg (22.67%), Zinc: 3.22mg (21.46%), Copper: 0.43mg (21.37%), Fiber: 5.21g (20.83%), Vitamin A: 1018.73IU (20.37%), Vitamin B3: 4mg (20.02%), Iron: 3.6mg (19.99%), Folate: 62.92µg (15.73%), Vitamin B6: 0.3mg (15.09%), Potassium: 494.12mg (14.12%), Vitamin B12: 0.84µg (13.95%), Vitamin C: 10.68mg (12.94%), Vitamin B5: 1.08mg (10.84%), Vitamin E: 1.36mg (9.08%), Vitamin D: 0.93µg (6.2%)