



 **77%**  
HEALTH SCORE

## Spaghetti with Ricotta, Lemon and Spinach

 Vegetarian  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 oz baby spinach
- 1.5 teaspoons lemon zest grated
- 0.1 teaspoon nutmeg
- 2 tablespoons olive oil
- 4 servings salt and pepper
- 1 cup whole-milk ricotta
- 1 pound pasta like spaghetti

### Equipment

bowl

pot

## Directions

Bring a large pot of salted water to boil.

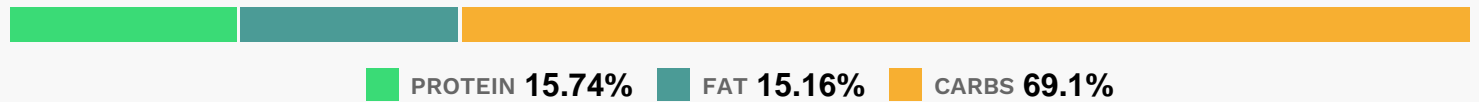
Add spaghetti and cook until al dente, about 10 minutes.

In a bowl, stir together ricotta, olive oil, lemon zest and nutmeg. Season with salt and pepper.

Drain spaghetti, reserving 1 cup cooking water. Return pasta to pot and stir in ricotta mixture, spinach and 1/2 cup pasta cooking water. Toss well, adding more pasta cooking water 1 Tbsp. at a time, if necessary.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:34.21, Inflammation Score:-10, Nutrition Score:24.490869563559%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 540.62kcal (27.03%), Fat: 8.88g (13.65%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 91.03g (30.34%), Net Carbohydrates: 86.53g (31.47%), Sugar: 5.19g (5.77%), Cholesterol: 9.84mg (3.28%), Sodium: 293.36mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.47%), Vitamin K: 175.49µg (167.13%), Selenium: 72.03µg (102.9%), Manganese: 1.36mg (68%), Vitamin A: 3323.36IU (66.47%), Phosphorus: 231.91mg (23.19%), Folate: 89.3µg (22.33%), Magnesium: 88.33mg (22.08%), Copper: 0.38mg (18.76%), Fiber: 4.5g (18%), Calcium: 158.61mg (15.86%), Iron: 2.48mg (13.8%), Vitamin C: 10.93mg (13.25%), Potassium: 452.14mg (12.92%), Vitamin E: 1.85mg (12.36%), Zinc: 1.79mg (11.94%), Vitamin B6: 0.23mg (11.58%), Vitamin B3: 2.19mg (10.94%), Vitamin B1: 0.13mg (8.69%), Vitamin B2: 0.14mg (7.98%), Vitamin B5: 0.51mg (5.14%)