



Spaghetti with Ricotta: Spaghetti con Ricotta

READY IN



40 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce canned tomatoes canned
- 1 carrots cut into 4 pieces
- 1 rib celery cut into 4 pieces
- 0.5 cup cooking wine dry white
- 1 tablespoon olive oil extra virgin
- 4 basil leaves fresh
- 0.3 pound ricotta fresh drained
- 1 clove garlic finely chopped
- 1 onion peeled quartered

- 1 slice pancetta
- 1 tablespoon parsley finely chopped
- 6 servings salt and pepper black freshly ground to taste
- 1.5 pounds pasta like spaghetti
- 1 teaspoon tomato paste

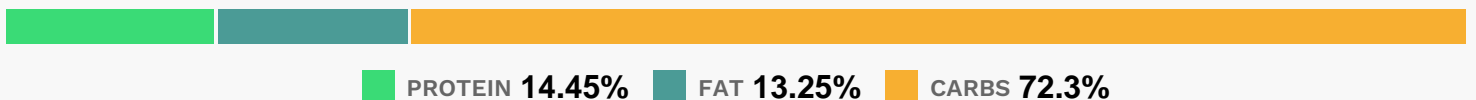
Equipment

- food processor
- bowl
- frying pan

Directions

- Place the pancetta, onion, carrot and celery in the bowl of a food processor and process until finely chopped. In a 10-inch skillet, heat the oil over medium heat.
- Add the vegetable mixture and cook, stirring, for about 5 minutes. Gradually add the wine and tomato paste.
- Mix well to combine and add the tomatoes, their juices, and the basil leaves, torn. Break up the tomatoes with the back of a spoon and cover, cooking for 30 minutes, stirring occasionally. Season with salt and pepper, to taste.
- Meanwhile, bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the spaghetti according to the directions, until tender yet al dente.
- Drain the pasta, reserving 1/2 cup of the cooking water.
- Add the pasta to the pan with the sauce, then add the ricotta and parsley and toss over high heat 30 seconds, adding the cooking water if necessary to keep the condiment from becoming too tight. Season with salt and pepper to taste and divide evenly among 6 warmed pasta bowls.

Nutrition Facts



Properties

Glycemic Index:72.81, Glycemic Load:36.68, Inflammation Score:-9, Nutrition Score:20.894782483578%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 539.09kcal (26.95%), Fat: 7.71g (11.86%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 94.66g (31.55%), Net Carbohydrates: 88.79g (32.29%), Sugar: 8.08g (8.98%), Cholesterol: 11.18mg (3.73%), Sodium: 160.43mg (6.98%), Alcohol: 2.06g (100%), Alcohol %: 0.97% (100%), Protein: 18.92g (37.84%), Selenium: 75.61µg (108.01%), Manganese: 1.28mg (63.82%), Vitamin A: 2062.32IU (41.25%), Phosphorus: 288.1mg (28.81%), Copper: 0.49mg (24.72%), Fiber: 5.87g (23.48%), Magnesium: 84.59mg (21.15%), Vitamin K: 21.51µg (20.48%), Vitamin B6: 0.35mg (17.47%), Potassium: 607.66mg (17.36%), Vitamin B3: 3.18mg (15.88%), Iron: 2.79mg (15.48%), Zinc: 2.16mg (14.4%), Vitamin C: 10.43mg (12.64%), Vitamin B1: 0.19mg (12.5%), Vitamin E: 1.58mg (10.51%), Folate: 41.87µg (10.47%), Calcium: 103.92mg (10.39%), Vitamin B2: 0.17mg (9.82%), Vitamin B5: 0.84mg (8.37%), Vitamin B12: 0.08µg (1.27%)