



Whole-Wheat Linguine with Green Beans, Ricotta, and Lemon

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes halved
- 1 clove garlic chopped
- 0.5 pound green beans french trimmed halved lengthwise
- 1 lemon zest
- 1 pound pasta whole-wheat
- 3 tablespoons olive oil

- 0.5 cup part-skim ricotta
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- 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 cooking water.
- Transfer the hot pasta to a large bowl and add the ricotta cheese. Toss to combine.
- Meanwhile, in a large, heavy skillet, warm the olive oil over medium-high heat.
- Add the green beans, garlic, salt, and pepper and saute for 4 minutes.
- Add 1 cup of the pasta cooking liquid and continue cooking until tender, about 4 more minutes.
- Add the pasta with ricotta to the pan with the green beans and toss to combine.
- Add the tomatoes and gently toss.
- Transfer to a serving plate and top with lemon zest.
- Serve.

Nutrition Facts



PROTEIN 13.61% **FAT 22.95%** **CARBS 63.44%**

Properties

Glycemic Index:25, Glycemic Load:23.5, Inflammation Score:-6, Nutrition Score:13.816086837131%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 388.69kcal (19.43%), Fat: 9.9g (15.23%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 61.57g (20.52%), Net Carbohydrates: 57.8g (21.02%), Sugar: 3.98g (4.42%), Cholesterol: 6.41mg (2.14%), Sodium: 423.27mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.41%), Selenium: 51.67µg (73.81%), Manganese: 0.83mg (41.68%), Vitamin K: 21.66µg (20.63%), Phosphorus: 203.17mg (20.32%), Fiber: 3.77g (15.09%), Vitamin C: 11.72mg (14.21%), Magnesium: 55.42mg (13.86%), Copper: 0.28mg (13.76%), Zinc: 1.48mg (9.86%), Vitamin B6: 0.19mg (9.64%), Potassium: 334.28mg (9.55%), Iron: 1.71mg (9.48%), Vitamin E: 1.4mg (9.36%), Vitamin A: 463.07IU (9.26%), Calcium: 92.1mg (9.21%), Vitamin B3: 1.72mg (8.6%), Folate: 32.17µg (8.04%), Vitamin B2: 0.13mg (7.65%), Vitamin B1: 0.11mg (7.61%), Vitamin B5: 0.5mg (5.01%)