



Zucchini, Cherry Tomato, and Fresh Ricotta Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup buttermilk
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons mint leaves
- ☐ 1 tablespoon olive oil
- ☐ 3.5 teaspoons salt divided

- ☐ 6 quarts water
- ☐ 3 cups milk whole
- ☐ 2 medium zucchini halved lengthwise sliced

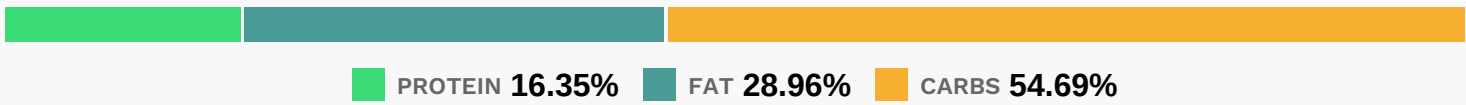
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine milk and buttermilk in a small heavy saucepan over medium heat; bring to a boil, stirring occasionally.
- ☐ Remove from heat; drain.
- ☐ Place milk solids in a small bowl; sprinkle with 1/8 teaspoon salt. Toss gently to combine.
- ☐ Bring 6 quarts water to a boil in a large Dutch oven. Stir in 1 tablespoon salt and pasta; cook 7 minutes or until al dente.
- ☐ Drain.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add zucchini; saut 2 minutes, stirring occasionally. Stir in 1/4 teaspoon salt, pepper, and garlic; saut 2 minutes, stirring frequently; stir in tomatoes.
- ☐ Combine remaining 1/8 teaspoon salt, pasta, and tomato mixture in a large bowl; toss. Top with ricotta and mint.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:21.05, Inflammation Score:-8, Nutrition Score:22.802174236463%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 406.96kcal (20.35%), Fat: 13.27g (20.42%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 52.92g (19.24%), Sugar: 15.18g (16.87%), Cholesterol: 72.89mg (24.3%), Sodium: 2233.7mg (97.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Selenium: 49.86µg (71.23%), Phosphorus: 403.03mg (40.3%), Manganese: 0.79mg (39.43%), Vitamin C: 31.31mg (37.95%), Calcium: 353.13mg (35.31%), Vitamin B2: 0.47mg (27.49%), Copper: 0.51mg (25.62%), Potassium: 850.28mg (24.29%), Magnesium: 97.16mg (24.29%), Vitamin B6: 0.46mg (23.08%), Vitamin B12: 1.29µg (21.51%), Vitamin A: 957.29IU (19.15%), Vitamin B1: 0.28mg (18.72%), Vitamin D: 2.57µg (17.15%), Zinc: 2.53mg (16.87%), Vitamin B5: 1.6mg (16%), Fiber: 3.49g (13.96%), Folate: 51.62µg (12.91%), Iron: 2.02mg (11.21%), Vitamin B3: 2.2mg (10.99%), Vitamin K: 9.03µg (8.6%), Vitamin E: 1.26mg (8.39%)