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Campanelle Pasta with Burrata Cheese and Spinach ♦

Campanelle Pasta with Burrata Cheese and Spinach is a delicious and comforting dish that combines the creaminess of burrata cheese with the freshness of spinach. The pasta is cooked to al dente perfection and then tossed with the creamy burrata cheese and wilted spinach. It's a simple and satisfying meal that can be enjoyed any time of the year.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g campanelle pasta

200 g burrata cheese

200 g spinach

1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Boiling

Cook the campanelle pasta according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add spinach and cook until wilted, about 3-4 minutes. Season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 4 mins

Step 3

Sautéing

Add the cooked pasta to the skillet and toss to combine with the spinach. Cook for an additional 2-3 minutes to heat through.

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Transfer the pasta and spinach mixture to a serving dish. Tear the burrata cheese into small pieces and scatter over the top of the pasta.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serve the Campanelle Pasta with Burrata Cheese and Spinach immediately.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian Chinese Mediterranean

Course

Breads Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Ramadan Halloween

Demographics

Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet Vegan Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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