



## Artichoke Pesto Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 can artichoke hearts (packed in water) quartered
- 1 cup basil (packed)
- 8 ounces pasta (whole wheat cooked)
- 1 clove garlic
- 0.5 tbsp juice of lemon
- 1 tbsp nutritional yeast
- 0.3 cup pinenuts (toasted)
- 4 servings salt (to taste)

- 1 large tomatoes diced
- 2 tbsp vegetable stock

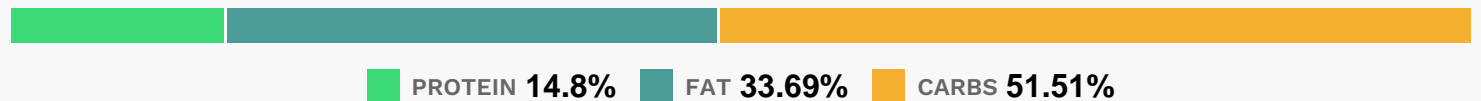
## Equipment

- food processor
- bowl

## Directions

- Place the basil and 3 artichoke hearts (12 quarters) in a food processor, and pulse to coarsely chop.
- Add the garlic, nutritional yeast, vegetable broth, and lemon juice, and process until it becomes a thick paste.
- Add salt to taste. In a serving bowl, combine the cooked pasta with the pesto and blend well.
- Add the remaining artichoke hearts, the tomato, and the pine nuts and toss.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:60.25, Glycemic Load:7.87, Inflammation Score:-6, Nutrition Score:12.162173924239%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 159.45kcal (7.97%), Fat: 6.29g (9.68%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 16.73g (6.08%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 449.86mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Manganese: 1.66mg (82.93%), Vitamin K: 33.45µg (31.86%), Selenium: 14.87µg (21.24%), Fiber: 4.92g (19.68%), Vitamin A: 715.82IU (14.32%), Copper: 0.26mg (12.93%),

Magnesium: 47.34mg (11.83%), Phosphorus: 114.56mg (11.46%), Vitamin C: 8.34mg (10.11%), Iron: 1.51mg (8.38%), Vitamin E: 1.25mg (8.36%), Zinc: 1.14mg (7.6%), Vitamin B1: 0.11mg (7.52%), Potassium: 243.33mg (6.95%), Vitamin B3: 1.1mg (5.51%), Vitamin B6: 0.11mg (5.43%), Folate: 17.01µg (4.25%), Vitamin B2: 0.06mg (3.47%), Vitamin B5: 0.32mg (3.24%), Calcium: 26.61mg (2.66%)