



Arugula-Walnut Pesto Farfalle

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups baby arugula
- 12 ounces farfalle pasta
- 1 tablespoon garlic minced
- 0.5 cup golden raisins
- 0.8 cup gorgonzola cheese crumbled
- 0.5 teaspoon kosher salt
- 1 tablespoon lemon zest
- 3 tablespoons olive oil

- 0.3 teaspoon pepper
- 1 cup walnut pieces divided toasted

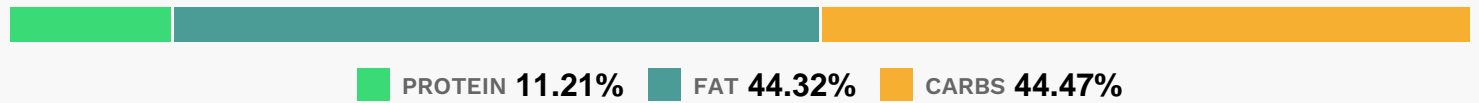
Equipment

- food processor
- bowl
- pot

Directions

- Cook pasta according to package directions.
- Whirl together arugula, zest, garlic, 1/4 cup walnuts, the oil, salt, and pepper in a food processor until blended, scraping inside of bowl as needed.
- Drain pasta, reserving about 1/4 cup of the water. Return pasta to pot and add pesto, stirring to coat. Stir in remaining walnuts, the cheese, raisins, and reserved pasta water.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:34.1, Inflammation Score:-7, Nutrition Score:22.142173660838%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 735.67kcal (36.78%), Fat: 37.1g (57.08%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 83.77g (27.92%), Net Carbohydrates: 77.97g (28.35%), Sugar: 14.16g (15.73%), Cholesterol: 15.89mg (5.3%), Sodium: 545.57mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.21%), Manganese: 1.92mg (95.92%), Selenium: 58.71µg (83.88%), Copper: 0.8mg (40.1%), Phosphorus: 373.42mg (37.34%), Magnesium: 108.15mg (27.04%), Fiber: 5.8g (23.2%), Vitamin B6: 0.41mg (20.33%), Calcium: 190.47mg (19.05%), Zinc: 2.8mg (18.67%), Vitamin K: 19.48µg (18.55%), Potassium: 557.25mg (15.92%), Folate: 62.12µg (15.53%), Iron: 2.61mg (14.51%), Vitamin

B2: 0.22mg (13.1%), Vitamin E: 1.93mg (12.9%), Vitamin B1: 0.19mg (12.89%), Vitamin B3: 2.25mg (11.24%), Vitamin B5: 0.99mg (9.87%), Vitamin A: 406.42IU (8.13%), Vitamin C: 5.02mg (6.08%), Vitamin B12: 0.26µg (4.31%)