



 **68%**
HEALTH SCORE

Asparagus Pesto Pasta Salad

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds asparagus
- 1 cup basil fresh packed
- 3 cloves garlic
- 2 tablespoons juice of lemon
- 3 tablespoons nutritional yeast
- 1 tablespoon olive oil
- 0.3 cup pinenuts lightly toasted ()
- 0.5 teaspoon salt

- 8 servings salt and pepper to taste
- 1 pound rotini pasta gluten-free whole wheat
- 2 medium tomatoes diced ripe

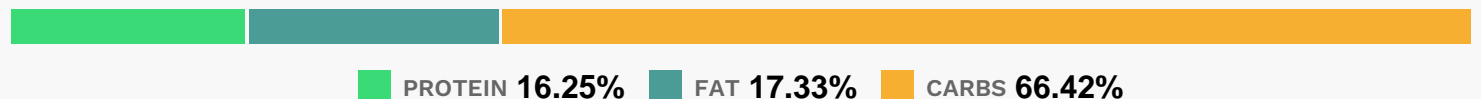
Equipment

- food processor
- bowl
- cutting board

Directions

- Add salt, if needed, and add pasta. Cook until the pasta is al dente. Reserve 1/2 cup of pasta cooking water, and drain and rinse the pasta with cool water. Put into a serving bowl.
- Place the asparagus on a cutting board. Trim off the top 3 inches of the asparagus spears, and put the tips into the bowl with the pasta.
- Cut the bottoms into several pieces, and set aside to use in the pesto sauce. Use a food processor to make the pesto: With the processor running, drop in the garlic cloves and allow them to chop.
- Add 2 tablespoons of the pine nuts, and pulse to chop.
- Add the lemon juice, basil, salt, nutritional yeast, and the asparagus pieces (not the tips!) along with 3–6 tablespoons of the reserved pasta water and optional olive oil. (Start with 3 tbsp. water and add more as needed.) Puree until smooth. Toss the pasta, asparagus tips, and tomatoes (if using) with the pesto, and season with salt and pepper to taste.
- Sprinkle with the remaining pine nuts.
- Serve at room temperature or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:18.11, Inflammation Score:-8, Nutrition Score:19.298695605734%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg

Nutrients (% of daily need)

Calories: 296.17kcal (14.81%), Fat: 5.84g (8.99%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 44.86g (16.31%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 346.81mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Vitamin K: 65.46µg (62.34%), Manganese: 1.16mg (58%), Selenium: 38.64µg (55.21%), Vitamin A: 1273.24IU (25.46%), Copper: 0.47mg (23.39%), Fiber: 5.51g (22.03%), Iron: 3.78mg (20.99%), Phosphorus: 201.47mg (20.15%), Folate: 78.04µg (19.51%), Vitamin B1: 0.24mg (16.27%), Vitamin C: 12.94mg (15.68%), Magnesium: 62.33mg (15.58%), Potassium: 527.13mg (15.06%), Vitamin E: 2.19mg (14.57%), Vitamin B2: 0.21mg (12.55%), Vitamin B3: 2.48mg (12.4%), Zinc: 1.78mg (11.84%), Vitamin B6: 0.23mg (11.63%), Vitamin B5: 0.61mg (6.14%), Calcium: 50.67mg (5.07%)