



Asparagus Pesto with Pasta



Gluten Free



Very Healthy



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



483 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 lb asparagus spears trimmed halved
- ☐ 3 handfuls baby spinach leaves
- ☐ 2 cloves garlic peeled
- ☐ 1 cup parmesan cheese freshly grated plus more for topping
- ☐ 1 cup pinenuts
- ☐ 0.3 cup olive oil extra-virgin plus more for topping
- ☐ 0.5 juice of lemon
- ☐ 0.5 teaspoon sea salt fine-grain

Equipment

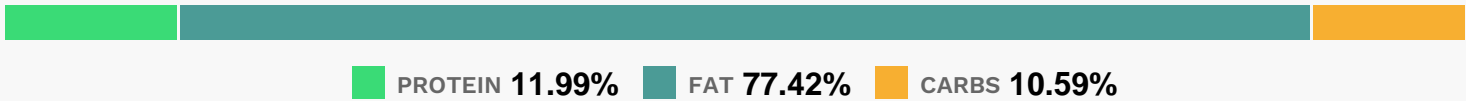
- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring 2 pots of water to a rolling boil, one large for the pasta and one medium sized for the asparagus.
- ☐ Toast pine nuts: While the water is heating, put the pine nuts in a single layer in a large skillet.
- ☐ Heat on medium heat, stirring occasionally, until fragrant and lightly browned.
- ☐ Remove pine nuts from pan and set aside. You will use 3/4 cup of the pine nuts for the pesto paste and 1/4 cup to mix in whole.
- ☐ Blanch asparagus: Salt the asparagus water and drop the spears into the pan. Cook for only 2 or 3 minutes, until the spears are bright green and barely tender.
- ☐ Drain under cool water to stop the cooking.
- ☐ Cut the tips off, and set aside, several of the asparagus (diagonal cut about an inch from the end) to use for garnish.
- ☐ Add the asparagus, spinach, garlic, Parmesan, and 3/4 cup of the pine nuts to a food processor.
- ☐ Purée and, with the motor running, drizzle in the 1/4 cup of olive oil until a paste forms. If too thick, thin it with a bit of the pasta water.
- ☐ Add the lemon juice and salt, taste and adjust seasoning.
- ☐ Here's a trick that Heidi taught me. When emptying the food processor bowl of its contents, hold the bottom of the bowl with one hand with a finger in the center hole, holding the blade in place and keeping it from falling out.
- ☐ Make pasta, toss with pesto: Salt the pasta water well and cook the pasta until just tender. Check the directions on the pasta package. You'll need more time for dried pasta and less for fresh.
- ☐ This fresh pasta cooked up in no time at all.
- ☐ Drain and toss immediately with 1 cup of the asparagus pesto.

Serve sprinkled with the remaining 1/4 cup toasted pine nuts, a dusting of Parmesan, and a light drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:29.594347749067%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.79mg, Quercetin: 16.79mg, Quercetin: 16.79mg, Quercetin: 16.79mg

Nutrients (% of daily need)

Calories: 482.64kcal (24.13%), Fat: 43.83g (67.42%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 9.33g (3.39%), Sugar: 3.57g (3.96%), Cholesterol: 21.75mg (7.25%), Sodium: 749.47mg (32.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin K: 182.62µg (173.92%), Manganese: 3.4mg (169.96%), Vitamin A: 3193.51IU (63.87%), Vitamin E: 6.97mg (46.44%), Phosphorus: 425.15mg (42.51%), Copper: 0.7mg (35.22%), Magnesium: 127.72mg (31.93%), Folate: 116.39µg (29.1%), Iron: 5.12mg (28.46%), Calcium: 279.15mg (27.91%), Zinc: 4.01mg (26.74%), Vitamin B2: 0.37mg (21.62%), Vitamin B1: 0.31mg (20.88%), Vitamin C: 14.86mg (18.01%), Potassium: 612.17mg (17.49%), Selenium: 12.04µg (17.2%), Fiber: 4.17g (16.67%), Vitamin B3: 2.79mg (13.93%), Vitamin B6: 0.22mg (10.97%), Vitamin B12: 0.34µg (5.63%), Vitamin B5: 0.53mg (5.26%)