



Bowties with Broccoli Pesto

 Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

Ingredients

- 12 oz broccoli frozen
- 0.5 cup basil fresh
- 0.3 cup walnuts
- 1 clove garlic
- 0.3 cup parmesan fresh shredded
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.3 cup olive oil

- 2 tablespoons water
- 1 teaspoon juice of lemon
- 8 oz farfalle pasta uncooked (farfalle)
- 1 medium bell pepper yellow cut into small bite-size strips
- 1 medium plum tomatoes seeded chopped (Roma)
- 1 serving parmesan fresh shredded

Equipment

- food processor
- bowl
- sauce pan
- spatula

Directions

- Cook broccoli as directed on bag until crisp-tender; drain. Set aside 1 1/2 cups of the broccoli.
- Place remaining 1 1/2 cups broccoli and all remaining pesto ingredients in food processor. Cover; process until smooth, stopping occasionally to scrape down sides with rubber spatula.
- In 4-quart saucepan, cook pasta as directed on package, adding reserved 1 1/2 cups broccoli and bell pepper during last 1 minute of cooking time.
- Drain; place in serving bowl.
- Add tomato and pesto; toss to coat.
- Sprinkle with additional cheese.

Nutrition Facts



PROTEIN 13.13% FAT 47.01% CARBS 39.86%

Properties

Glycemic Index:46, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:22.589130222797%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 333.42kcal (16.67%), Fat: 18.37g (28.26%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 35.05g (11.68%), Net Carbohydrates: 32.89g (11.96%), Sugar: 1.47g (1.63%), Cholesterol: 6.23mg (2.08%), Sodium: 267.16mg (11.62%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 11.54g (23.08%), Vitamin C: 89.29mg (108.23%), Manganese: 1.51mg (75.7%), Vitamin K: 74.54µg (70.99%), Selenium: 31.45µg (44.93%), Phosphorus: 224.69mg (22.47%), Magnesium: 82.79mg (20.7%), Folate: 70.94µg (17.74%), Vitamin B1: 0.26mg (17.08%), Calcium: 163.3mg (16.33%), Copper: 0.32mg (15.9%), Vitamin E: 2.3mg (15.32%), Vitamin B6: 0.27mg (13.47%), Vitamin B3: 2.64mg (13.21%), Vitamin A: 657.37IU (13.15%), Iron: 2.27mg (12.59%), Zinc: 1.61mg (10.71%), Potassium: 366.36mg (10.47%), Vitamin B2: 0.17mg (9.84%), Fiber: 2.16g (8.64%), Vitamin B5: 0.82mg (8.17%), Vitamin B12: 0.11µg (1.83%)