



HEALTH SCORE

95%

Cavatappi Pasta Salad with Walnut-Sage Pesto



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups torn arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups butternut squash cubed peeled ()
- ☐ 6 ounces cavatappi pasta cooked uncooked
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 tablespoons sage leaves fresh

- ☐ 1 garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup shallots thinly sliced
- ☐ 2.5 tablespoons walnuts chopped

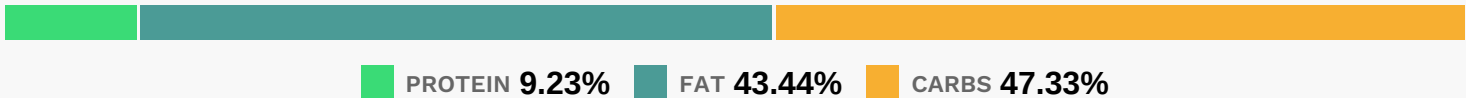
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Arrange squash in a single layer on a jelly-roll pan coated with cooking spray. Lightly coat squash with cooking spray; sprinkle evenly with 1/4 teaspoon salt.
- ☐ Bake at 450 for 20 minutes or until squash is tender, stirring after 10 minutes. Cool squash slightly.
- ☐ Combine 1/4 teaspoon salt, parsley, and next 5 ingredients (through garlic) in a food processor; process until finely chopped, scraping sides. With processor on, slowly pour broth through food chute, processing until well blended.
- ☐ Combine the remaining 1/4 teaspoon salt, squash, pasta, and pesto in a large bowl, and toss well to coat.
- ☐ Add arugula, shallots, and pepper; toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:6.99, Inflammation Score:-10, Nutrition Score:25.341304442157%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 236.18kcal (11.81%), Fat: 11.98g (18.43%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.07g (9.12%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 529.36mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Copper: 9.35mg (467.44%), Vitamin A: 10411.38IU (208.23%), Vitamin K: 150.69µg (143.51%), Manganese: 0.99mg (49.68%), Vitamin C: 35.75mg (43.33%), Selenium: 12.76µg (18.23%), Folate: 70.31µg (17.58%), Magnesium: 69.9mg (17.48%), Fiber: 4.29g (17.17%), Vitamin E: 2.5mg (16.67%), Potassium: 551.69mg (15.76%), Iron: 2.72mg (15.12%), Vitamin B6: 0.28mg (13.88%), Calcium: 122.6mg (12.26%), Phosphorus: 104.12mg (10.41%), Vitamin B1: 0.16mg (10.35%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.85mg (5.67%), Vitamin B2: 0.07mg (4.29%)