



Cook the Book: Mostaccioli with Tomato 'Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup olive oil extra virgin
- ☐ 2 garlic clove trimmed peeled roughly chopped
- ☐ 1 pound mostaccioli pasta dried
- ☐ 6 servings pecorino cheese freshly grated
- ☐ 0.5 cup pinenuts
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon sea salt
- ☐ 2 tablespoons sacramento tomato juice

☐ 0.3 cup tomato paste organic (one 6-ounce can)

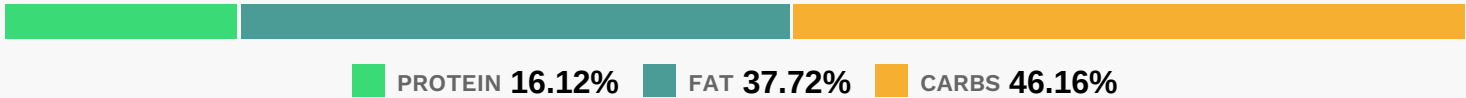
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Combine the tomato paste, olive oil, pine nuts, salt, cayenne, tomato juice, and garlic in the bowl of a food processor. Run the motor until you have a smooth purée. Set aside at room temperature while you cook the pasta. (You can cover and refrigerate the pesto, but be sure to bring it to room temperature before boiling the pasta.)
- ☐ Generously salt boiling water; drop in dried pasta. Cook, according to package instructions, until al dente.
- ☐ Drain, reserving about 1/2 cup of pasta water.
- ☐ Transfer pasta to a serving bowl.
- ☐ Add enough of the pesto to coat noodles generously.
- ☐ Add a little pasta water, 1 tablespoon at a time, if pesto seems too thick.
- ☐ Sprinkle with Romano, and pass more cheese and any remaining pesto at the table.

Nutrition Facts



Properties

Glycemic Index:29.22, Glycemic Load:23.87, Inflammation Score:-6, Nutrition Score:18.975217342377%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 531.53kcal (26.58%), Fat: 22.39g (34.44%), Saturated Fat: 6.65g (41.59%), Carbohydrates: 61.66g (20.55%), Net Carbohydrates: 58.31g (21.2%), Sugar: 4.16g (4.62%), Cholesterol: 31.2mg (10.4%), Sodium: 550.04mg (23.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.05%), Manganese: 1.74mg (87.21%), Selenium: 52.96µg (75.66%), Phosphorus: 447.3mg (44.73%), Calcium: 343.5mg (34.35%), Magnesium: 86.11mg (21.53%), Copper: 0.42mg (21.14%), Zinc: 2.66mg (17.71%), Vitamin E: 2.5mg (16.65%), Fiber: 3.35g (13.41%), Iron: 2.24mg (12.47%), Vitamin B2: 0.2mg (11.88%), Potassium: 389.24mg (11.12%), Vitamin K: 11.51µg (10.96%), Vitamin B3: 2.19mg (10.94%), Vitamin B6: 0.19mg (9.33%), Vitamin B1: 0.13mg (8.74%), Vitamin A: 341.22IU (6.82%), Vitamin B12: 0.34µg (5.6%), Folate: 21.88µg (5.47%), Vitamin B5: 0.52mg (5.23%), Vitamin C: 3.7mg (4.48%)