

 **53%**
HEALTH SCORE

Cooking from the Glossies: Angel Hair Pasta with Red Pepper Pesto and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound angel hair pasta
- ☐ 0.3 cup basil chopped
- ☐ 1 small garlic clove smashed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup pecorino cheese shaved
- ☐ 1 tablespoon pinenuts
- ☐ 3 medium bell pepper red
- ☐ 4 servings pepper black freshly ground

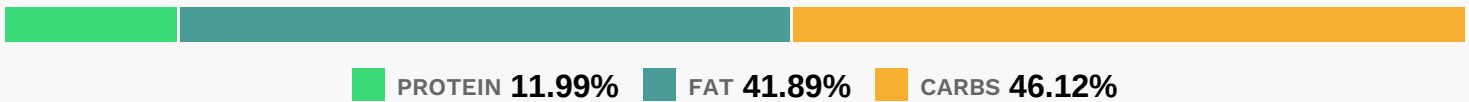
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Roast the red peppers over a gas flame or under the broiler, turning occasionally, until charred all over.
- ☐ Transfer the peppers to a bowl, cover with plastic wrap and let cool. Peel, core, and chop the peppers.
- ☐ In a small skillet, toast the pine nuts over moderate heat until golden, about four minutes.
- ☐ Let cool.
- ☐ Transfer the peppers and the pine nuts to a blender.
- ☐ Add the garlic and whole basil leaves and blend until coarsely chopped.
- ☐ Add the olive oil and puree to a chunky pesto. Season with salt and pepper.
- ☐ In a large saucepan of boiling salted water, add the pasta and cook until al dente.
- ☐ Drain and cool slightly under running water.
- ☐ Transfer the pasta to a bowl and toss with the pesto. Season the pasta with salt and pepper. Top with the chopped basil and pecorino and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:18.36, Inflammation Score:-9, Nutrition Score:20.7434782943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 419.81kcal (20.99%), Fat: 19.72g (30.34%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 45.01g (16.37%), Sugar: 5.46g (6.06%), Cholesterol: 13mg (4.33%), Sodium: 157.5mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin C: 114.76mg (139.11%), Vitamin A: 2926.76IU (58.54%), Selenium: 37.87µg (54.1%), Manganese: 0.88mg (44.25%), Vitamin E: 3.69mg (24.61%), Phosphorus: 241.89mg (24.19%), Vitamin K: 20.58µg (19.6%), Vitamin B6: 0.37mg (18.26%), Calcium: 156.14mg (15.61%), Fiber: 3.85g (15.38%), Folate: 54.05µg (13.51%), Magnesium: 53.48mg (13.37%), Copper: 0.23mg (11.26%), Zinc: 1.53mg (10.19%), Potassium: 349.33mg (9.98%), Vitamin B3: 1.98mg (9.88%), Vitamin B2: 0.16mg (9.64%), Iron: 1.5mg (8.34%), Vitamin B1: 0.12mg (7.67%), Vitamin B5: 0.6mg (5.97%), Vitamin B12: 0.14µg (2.33%)