



## Coriander Pesto Linguine

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1114 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tsp fish sauce
- 50 g coriander fresh
- 2 cloves garlic
- 0.5 inch ginger
- 1 lime's juice
- 150 g pasta
- 6 Tbs olive oil ( )
- 4 Tbs pesto (recipe below)

- 1 chili red coarsely chopped to taste (more )
- 2 servings sesame oil
- 2 servings sesame seed
- 50 g peanuts and sesame seeds mix - roasted
- 1 tsp sugar

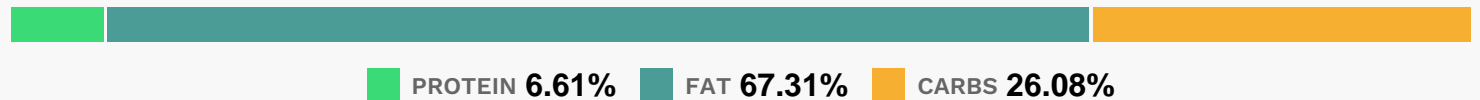
## Equipment

- food processor

## Directions

- Place all ingredients in a food processor, blend until a paste is formed.
- Add more oil if too dry.

## Nutrition Facts



## Properties

Glycemic Index:152.05, Glycemic Load:26.45, Inflammation Score:-10, Nutrition Score:37.273912937745%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg, Quercetin: 13.35mg

## Nutrients (% of daily need)

Calories: 1114.08kcal (55.7%), Fat: 84.9g (130.61%), Saturated Fat: 12.23g (76.43%), Carbohydrates: 74.03g (24.68%), Net Carbohydrates: 66.06g (24.02%), Sugar: 7.21g (8.01%), Cholesterol: 2.4mg (0.8%), Sodium: 1010.55mg (43.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.53%), Vitamin K: 108.06µg (102.91%), Manganese: 1.73mg (86.3%), Selenium: 60.37µg (86.25%), Copper: 1.67mg (83.54%), Vitamin C: 44.65mg (54.12%), Vitamin A: 2517.82IU (50.36%), Vitamin E: 7.23mg (48.19%), Magnesium: 185.71mg (46.43%), Calcium: 417.82mg (41.78%), Iron: 7.01mg (38.92%), Phosphorus: 378.91mg (37.89%), Fiber: 7.97g (31.88%), Vitamin B6: 0.6mg (29.98%), Zinc: 3.87mg (25.8%), Vitamin B1: 0.37mg (24.85%), Folate: 72.56µg (18.14%), Vitamin B3: 3.59mg

(17.93%), Potassium: 587.61mg (16.79%), Vitamin B2: 0.2mg (11.65%), Vitamin B5: 0.58mg (5.78%)