



Creamy Pesto Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup basil leaves fresh chopped (one varieties)
- ☐ 5 cloves garlic minced
- ☐ 4 servings salt and fresh-ground pepper
- ☐ 8 oz neufchâtel cheese light (cream)
- ☐ 1 teaspoon olive oil
- ☐ 6 oz onion chopped
- ☐ 4 servings parmesan cheese grated

☐ 8 ounces rigatoni pasta dried

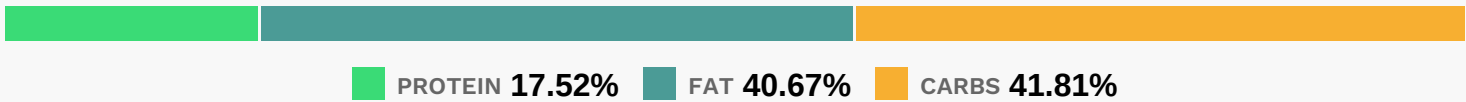
Equipment

☐ frying pan

Directions

- ☐ Cook pasta in about 3 quarts boiling water until just barely tender to bite, 7 to 9 minutes.
- ☐ Drain.
- ☐ Meanwhile, in a 10- to 12-inch nonstick frying pan, combine onion, garlic, and butter. Stir often over medium-high heat until onion is limp, about 5 minutes.
- ☐ Add neufchtel cheese and stir until melted, about 3 minutes. Stir broth and wine into pan and mix until blended.
- ☐ Add basil and stir until wilted, about 2 minutes.
- ☐ Add pasta to sauce and stir until pasta is coated with sauce. If sauce gets too thick, stir in a little water to thin. Spoon onto plates.
- ☐ Add parmesan, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:18.9, Inflammation Score:-8, Nutrition Score:16.864782644355%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 527.86kcal (26.39%), Fat: 23.36g (35.95%), Saturated Fat: 12.23g (76.41%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 51.34g (18.67%), Sugar: 5.54g (6.15%), Cholesterol: 68.94mg (22.98%), Sodium: 1078.39mg (46.89%), Alcohol: 1.54g (100%), Alcohol %: 0.76% (100%), Protein: 22.65g (45.3%), Selenium: 48.99µg (69.99%), Phosphorus: 401.5mg (40.15%), Manganese: 0.78mg (38.82%), Calcium: 373.88mg (37.39%), Vitamin K: 27.33µg (26.03%), Vitamin A: 1054.91IU (21.1%), Zinc: 2.78mg (18.51%), Vitamin B2: 0.27mg (16.11%), Magnesium: 57.2mg (14.3%), Copper: 0.25mg (12.47%), Vitamin B6: 0.24mg (12.12%), Potassium: 381.28mg (10.89%), Fiber: 2.71g (10.85%), Vitamin B12: 0.58µg (9.73%), Folate: 32.37µg (8.09%), Vitamin B5: 0.77mg (7.66%), Iron: 1.37mg (7.6%), Vitamin B1: 0.11mg (7.38%), Vitamin B3: 1.35mg (6.74%), Vitamin C: 5.4mg (6.54%), Vitamin E: 0.66mg (4.42%)