



Dinner Tonight: Pasta with Pesto, Potatoes and Green Beans

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 cup basil fresh packed
- ☐ 1 garlic clove minced
- ☐ 4 servings pepper black freshly ground
- ☐ 6 ounces turtle beans trimmed cut into 3-inch lengths
- ☐ 0.8 cup pecorino cheese grated
- ☐ 0.3 cup pinenuts toasted

- ☐ 1 pound rigatoni
- ☐ 0.8 pound potato quartered

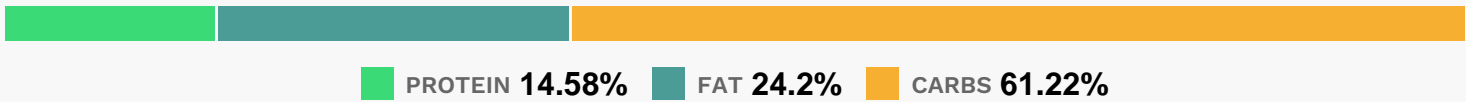
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Toss basil, olive oil, pine nuts, and garlic in food processor. Pulse until paste is formed, paste scraping down sides with rubber spatula once or twice.
- ☐ Transfer to bowl and stir in cheese. Season with salt and pepper to taste.
- ☐ Bring 1 gallon water to a boil in large pot.
- ☐ Add two tablespoons of salt and potatoes. Cook potatoes until tender, 8–10 minutes.
- ☐ Remove with slotted spoon and set aside in large bowl.
- ☐ Add green beans to pot and cook until tender, about 3 minutes.
- ☐ Remove with slotted spoon and add to the bowl with potatoes.
- ☐ Cook pasta according to directions on box. Reserve 1/2 cup of cooking liquid, then drain.
- ☐ Transfer pasta to large bowl with potatoes and beans.
- ☐ Whisk half of cooking liquid into pesto, then pour into large bowl. Toss until well combined. If too dry, add remaining cooking liquid. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:34.92, Inflammation Score:-7, Nutrition Score:25.781739022421%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 675.38kcal (33.77%), Fat: 18.18g (27.98%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 103.47g (34.49%), Net Carbohydrates: 97.31g (35.39%), Sugar: 4.59g (5.1%), Cholesterol: 19.5mg (6.5%), Sodium: 250.33mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.31%), Selenium: 75µg (107.14%), Manganese: 2mg (100.02%), Phosphorus: 478.04mg (47.8%), Vitamin K: 35.87µg (34.16%), Magnesium: 123.36mg (30.84%), Copper: 0.62mg (30.76%), Calcium: 264.78mg (26.48%), Fiber: 6.16g (24.65%), Potassium: 817.31mg (23.35%), Folate: 86.55µg (21.64%), Vitamin C: 17.63mg (21.36%), Zinc: 3.14mg (20.91%), Iron: 3.42mg (18.98%), Vitamin B6: 0.35mg (17.42%), Vitamin B3: 3.35mg (16.75%), Vitamin B1: 0.21mg (14.15%), Vitamin E: 1.79mg (11.94%), Vitamin B2: 0.19mg (11.09%), Vitamin B5: 0.85mg (8.5%), Vitamin A: 403.33IU (8.07%), Vitamin B12: 0.21µg (3.5%)