



Dinner Tonight: Pesto Trapanese

READY IN



45 min.

SERVINGS



4

CALORIES



869 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.3 pound almonds
- ☐ 1 pound cherry tomatoes dry
- ☐ 4 large handfuls basil fresh
- ☐ 1 clove garlic peeled
- ☐ 4 servings olive oil good
- ☐ 5 oz parmesan grated
- ☐ 1 pound pasta like spaghetti

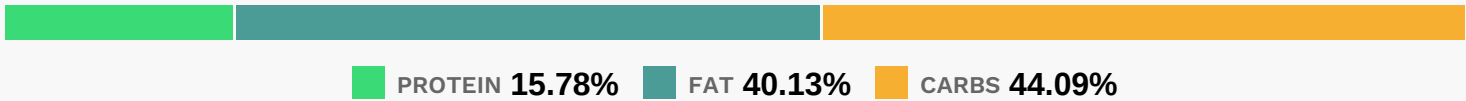
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salty water to boil and cook the spaghetti until al dente.
- ☐ Meanwhile, warm the almonds in a dry pan until just lightly toasted, then transfer to a food processor and process into a coarse powder.
- ☐ Transfer to a large bowl.
- ☐ Add the basil and garlic with a little oil to the food processor, blend, then stir into the almonds.
- ☐ Toss the cooked pasta with the pesto, reserving some pasta water to add (if necessary) to keep it from drying out.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:34.68, Inflammation Score:-8, Nutrition Score:31.627826053163%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 869.28kcal (43.46%), Fat: 39.15g (60.23%), Saturated Fat: 9.16g (57.23%), Carbohydrates: 96.76g (32.25%), Net Carbohydrates: 88.76g (32.28%), Sugar: 7.38g (8.2%), Cholesterol: 24.1mg (8.03%), Sodium: 587.71mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Selenium: 81.48µg (116.4%), Manganese: 1.84mg (91.89%), Vitamin E: 10.12mg (67.47%), Phosphorus: 630.07mg (63.01%), Calcium: 535.39mg (53.54%), Magnesium: 163.27mg (40.82%), Copper: 0.72mg (36.11%), Fiber: 8g (31.99%), Vitamin C: 26.27mg (31.84%), Vitamin B2: 0.54mg (31.49%), Zinc: 3.63mg (24.22%), Potassium: 746.59mg (21.33%), Iron: 3.71mg (20.61%), Vitamin B3: 3.67mg (18.34%), Vitamin A: 884.38IU (17.69%), Vitamin B6: 0.33mg (16.63%), Vitamin K: 16.48µg (15.7%), Vitamin B1: 0.22mg (14.44%), Folate: 50.81µg (12.7%), Vitamin B5: 0.94mg (9.35%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.18µg (1.18%)