



WHATSheATE



HEALTH SCORE

83%

Dinner Tonight: Pistachio Asparagus Pesto on Linguine



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



792 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients



1 bunch asparagus



1 garlic clove



1 teaspoon juice of lemon



3 tablespoons olive oil



0.3 cup parmesan grated plus more for serving



1 pound soup noodles



3 tablespoons pistachios toasted

- ☐ 3 servings salt
- ☐ 0.3 cup pkt spinach

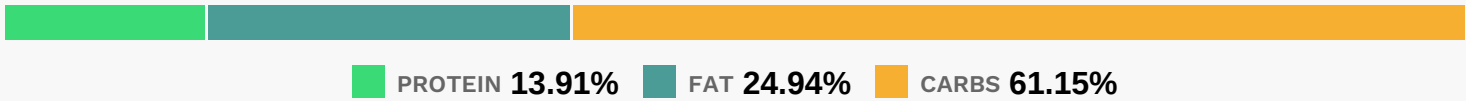
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ cutting board

Directions

- ☐ Bring a large pot of salted water to a boil. When ready, add asparagus and cook for 3 minutes.
- ☐ Remove from the water and shock in a bowl of ice water.
- ☐ Drain and then place on a cutting board. Slice off the tips and set aside. Roughly chop the rest.
- ☐ Add a cup of the chopped asparagus to a food processor along with the spinach, garlic, 2 tablespoons of the pistachios, Parmesan, olive oil, lemon juice, and a pinch of salt. Blend until it is a paste.
- ☐ Add the pasta to the pot of boiling water. Cook according to the directions on the box. Save a 1/4 cup of the pasta water.
- ☐ Drain the pasta when done, and return to the still hot pot.
- ☐ Add 1 cup of the pesto and half of the pasta water. Stir well. If it is too dry, add some more water.
- ☐ Chop the remaining pistachios.
- ☐ Serve the pasta and garnish with the pistachios, and more grated Parmesan. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:46.65, Inflammation Score:-9, Nutrition Score:31.244782329901%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg, Kaempferol: 2.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg

Nutrients (% of daily need)

Calories: 791.95kcal (39.6%), Fat: 22.04g (33.91%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 121.59g (40.53%), Net Carbohydrates: 112.75g (41%), Sugar: 7.56g (8.4%), Cholesterol: 5.67mg (1.89%), Sodium: 341.88mg (14.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.31%), Selenium: 101.58µg (145.11%), Manganese: 1.75mg (87.75%), Vitamin K: 83.21µg (79.25%), Phosphorus: 461.23mg (46.12%), Copper: 0.83mg (41.36%), Fiber: 8.84g (35.37%), Iron: 5.7mg (31.69%), Vitamin A: 1464.82IU (29.3%), Magnesium: 116.21mg (29.05%), Folate: 114.84µg (28.71%), Vitamin B1: 0.42mg (28.23%), Vitamin E: 4.12mg (27.48%), Vitamin B6: 0.5mg (25.22%), Zinc: 3.36mg (22.41%), Potassium: 744.57mg (21.27%), Vitamin B3: 4.18mg (20.92%), Vitamin B2: 0.35mg (20.47%), Calcium: 178.94mg (17.89%), Vitamin C: 10.48mg (12.7%), Vitamin B5: 1.15mg (11.49%), Vitamin B12: 0.1µg (1.67%)