



Fettuccine with Creamy Basil-Pine Nut Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 1 cup basil leaves fresh
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.5 cup ricotta cheese light
- ☐ 2 teaspoons sherry vinegar

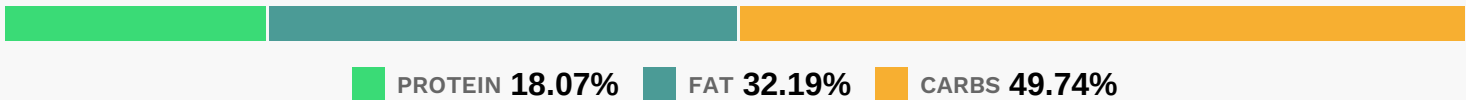
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the garlic in a food processor, and pulse 2 to 3 times.
- ☐ Add basil and the next 5 ingredients (basil through pepper); process until smooth. Stir in pine nuts.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine pasta and sauce in a large bowl; toss well.
- ☐ Garnish with fresh basil, if desired.

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:26.07, Inflammation Score:-7, Nutrition Score:22.756956515105%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 537.34kcal (26.87%), Fat: 19.26g (29.63%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 66.98g (22.33%), Net Carbohydrates: 63.74g (23.18%), Sugar: 5.22g (5.79%), Cholesterol: 107.51mg (35.84%), Sodium: 302.29mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.66%), Selenium: 77.44µg (110.63%), Manganese: 1.45mg (72.58%), Phosphorus: 452.4mg (45.24%), Vitamin K: 38.5µg (36.67%), Calcium: 314.35mg (31.44%), Zinc: 3.52mg (23.47%), Magnesium: 88.5mg (22.13%), Vitamin B2: 0.35mg (20.44%), Copper: 0.4mg (19.96%), Vitamin A: 808.66IU (16.17%), Vitamin B5: 1.5mg (14.98%), Vitamin B12: 0.87µg (14.45%), Vitamin B6: 0.29mg (14.3%), Iron: 2.54mg (14.1%), Vitamin B1: 0.2mg (13.61%), Potassium: 474.35mg (13.55%), Fiber: 3.24g (12.98%), Folate: 49.09µg (12.27%), Vitamin B3: 2.45mg (12.23%), Vitamin E: 1.1mg (7.31%), Vitamin D: 0.43µg (2.88%), Vitamin C: 2.19mg (2.65%)