



Fettuccine with Pesto

READY IN



45 min.

SERVINGS



2

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup tightly basil leaves fresh packed
- 1.5 tablespoons chicken broth low-sodium undiluted canned
- 4 ounces fettuccine barilla uncooked
- 1 teaspoon garlic chopped
- 0.5 teaspoon olive oil
- 1 tablespoon parmesan cheese grated
- 1 tablespoon pinenuts
- 0.1 teaspoon salt

Equipment

- food processor
- bowl
- knife

Directions

- Position knife blade in food processor bowl; add first 7 ingredients. Process until smooth, scraping sides of processor bowl occasionally. Set basil mixture aside.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Place pasta in a serving bowl.
- Add basil mixture, and toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:17.14, Inflammation Score:-5, Nutrition Score:12.555652074192%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 276.15kcal (13.81%), Fat: 7.75g (11.92%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 39.98g (14.54%), Sugar: 1.29g (1.44%), Cholesterol: 49.8mg (16.6%), Sodium: 204.99mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.93%), Selenium: 45.82µg (65.46%), Manganese: 1.02mg (51.07%), Vitamin K: 28.55µg (27.19%), Phosphorus: 190.27mg (19.03%), Copper: 0.27mg (13.44%), Magnesium: 50.64mg (12.66%), Zinc: 1.6mg (10.65%), Iron: 1.61mg (8.95%), Fiber: 2.18g (8.73%), Vitamin B3: 1.63mg (8.15%), Vitamin B1: 0.12mg (8.02%), Vitamin B6: 0.16mg (7.91%), Vitamin A: 374.86IU (7.5%), Potassium: 206.23mg (5.89%), Vitamin E: 0.88mg (5.88%), Calcium: 56.63mg (5.66%), Vitamin B5: 0.56mg (5.62%), Folate: 22.42µg (5.6%), Vitamin B2: 0.08mg (4.74%), Vitamin B12: 0.21µg (3.49%), Vitamin C: 1.59mg (1.92%), Vitamin D: 0.18µg (1.22%)