



Fettuccine with Pistachio-Mint Pesto and Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 cherry tomatoes halved
- 0.3 cup dry-roasted pistachios unsalted divided shelled
- 9 ounce fettuccine barilla refrigerated
- 0.5 cup flat-leaf parsley leaves fresh
- 0.5 cup mint leaves fresh
- 1 large garlic clove
- 0.6 teaspoon kosher salt

- 3 tablespoons olive oil extra-virgin
- 0.3 cup pecorino romano cheese fresh shaved

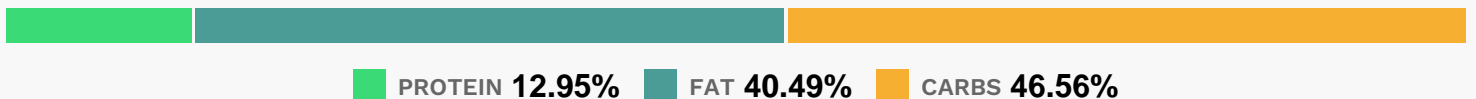
Equipment

- food processor
- bowl
- whisk

Directions

- Combine mint leaves, parsley leaves, 1/4 cup pistachios, olive oil, kosher salt, ground black pepper, and garlic in a mini food processor; pulse mixture until coarsely chopped.
- Cook fettuccine according to the package directions, omitting salt and fat.
- Drain fettuccine over a bowl, reserving 1/4 cup of the cooking liquid.
- Combine pesto mixture and reserved cooking liquid in a large bowl, stirring with a whisk.
- Add pasta to bowl; toss well to coat. Gently fold in cherry tomatoes. Coarsely chop remaining 4 teaspoons pistachios. Top pasta evenly with pecorino Romano cheese and chopped pistachios.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:19.3, Inflammation Score:-8, Nutrition Score:21.272608674091%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 16.47mg, Apigenin: 16.47mg, Apigenin: 16.47mg, Apigenin: 16.47mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 434.23kcal (21.71%), Fat: 19.85g (30.54%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 47.38g (17.23%), Sugar: 3.05g (3.38%), Cholesterol: 60.08mg (20.03%), Sodium: 502.11mg (21.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.57%), Vitamin K: 131.42µg (125.16%), Selenium: 52.42µg (74.88%), Manganese: 0.9mg (45.15%), Vitamin C: 23.63mg (28.64%), Phosphorus: 259.34mg (25.93%), Vitamin A: 1186.38IU (23.73%), Magnesium: 69.5mg (17.37%), Vitamin E: 2.57mg (17.12%), Fiber: 3.99g (15.98%), Vitamin B3: 3.17mg (15.83%), Copper: 0.3mg (15.18%), Iron: 2.59mg (14.4%), Folate: 52.52µg (13.13%), Calcium: 126.13mg (12.61%), Vitamin B6: 0.25mg (12.54%), Zinc: 1.87mg (12.47%), Potassium: 410.04mg (11.72%), Vitamin B1: 0.16mg (10.4%), Vitamin B5: 0.86mg (8.6%), Vitamin B2: 0.13mg (7.86%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.22µg (1.48%)