



## Fettuccine with Trapanese Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



792 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 garlic clove
- 0.3 teaspoon pepper black
- 1.5 teaspoons salt
- 0.3 cup olive oil extra virgin extra-virgin
- 1 cup basil fresh coarsely chopped
- 0.5 cup pecorino cheese
- 1 pound fettuccine barilla dried (not egg)
- 2 tomatoes peeled seeded quartered (see cooks' note, below)
- 4 servings basil fresh

- 6 ounces cherry tomatoes halved
- 3 ounces blanched slivered almonds

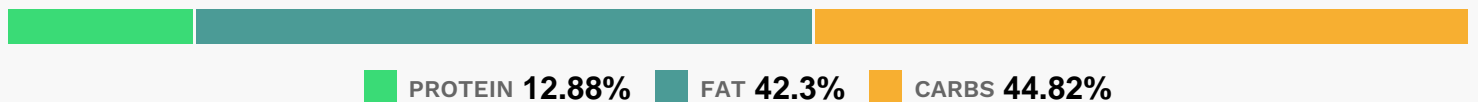
## Equipment

- food processor
- bowl
- pot

## Directions

- Purée garlic, almonds, basil, salt, and pepper in a food processor until almonds are coarsely ground.
- Add quartered tomatoes and cheese to purée and process until mixture is fairly smooth. With motor running, add oil in a stream and blend until incorporated.
- Transfer pesto to a large bowl and stir in grape tomatoes.
- Cook fettuccine in a 6- to 8-quart pot of boiling salted water
- , uncovered, until just al dente.
- Drain pasta and toss with sauce.
- Serve immediately.
- To peel tomatoes, first cut an X in the end opposite the stem, then immerse in boiling water 10 to 15 seconds.
- Transfer to a bowl of ice and cold water, then peel.

## Nutrition Facts



## Properties

Glycemic Index:77.75, Glycemic Load:34.88, Inflammation Score:-9, Nutrition Score:30.012608579967%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin:

0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## **Nutrients (% of daily need)**

Calories: 791.5kcal (39.58%), Fat: 37.8g (58.16%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 90.13g (30.04%), Net Carbohydrates: 83.05g (30.2%), Sugar: 5.92g (6.58%), Cholesterol: 108.25mg (36.08%), Sodium: 1058.62mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.78%), Selenium: 92.31µg (131.87%), Manganese: 1.61mg (80.6%), Vitamin E: 8.73mg (58.18%), Phosphorus: 504.2mg (50.42%), Vitamin K: 51.16µg (48.72%), Magnesium: 144.2mg (36.05%), Copper: 0.66mg (33.24%), Fiber: 7.07g (28.3%), Vitamin A: 1266.73IU (25.33%), Calcium: 251.84mg (25.18%), Vitamin C: 20.03mg (24.28%), Zinc: 3.38mg (22.54%), Iron: 3.8mg (21.13%), Potassium: 697.65mg (19.93%), Vitamin B6: 0.39mg (19.71%), Vitamin B2: 0.33mg (19.32%), Vitamin B3: 3.81mg (19.05%), Vitamin B1: 0.28mg (18.8%), Folate: 64.44µg (16.11%), Vitamin B5: 1.29mg (12.91%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.4µg (2.68%)