




 **46%**
HEALTH SCORE

Spaghetti With Pesto Trapanese


 Vegetarian

READY IN




45 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 1 pound pasta like spaghetti
- 0.5 cup almonds canned (80 gr) (if you can get the Sicilian ones from Noto they are wonderful)
- 0.3 cup pinenuts (30 gr)
- 0.5 cup olive oil extra virgin (100 gr)
- 3 garlic clove
- 2 tomatoes peeled seeded
- 2.5 cups basil (60 gr)
- 2.5 cups basil (60 gr)

6 servings salt and pepper as needed

6 servings pecorino fresh grated

Equipment

food processor

pot

mortar and pestle

Directions

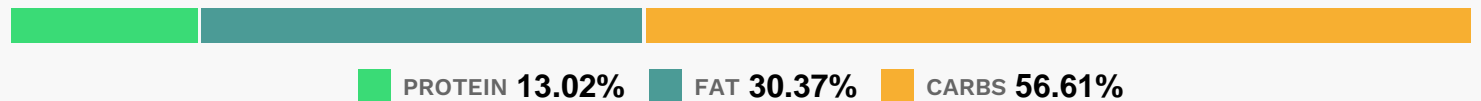
Place a large (this is key) pot of water to boil. Salt when it boils, not before.

Meanwhile, make the pesto: In a mortar (or use a food processor with a blade) pound together the oil, almonds and pine-nuts.

Add the garlic, 2 ice cubes and the rest of the ingredients, pounding quickly to make a paste. You want to leave a bit of a texture for crunch.

Cook the pasta al dente, as per directions, drain and reserve some of the boiling water. Toss the pasta with the pesto, using some of the reserved water to make it creamier. Grate some fresh pecorino or ricotta salata (or both) over and serve hot with a leaf of basil to garnish.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:23.52, Inflammation Score:-8, Nutrition Score:22.733043478261%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 435.1kcal (21.76%), Fat: 14.88g (22.9%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 62.41g (20.8%), Net Carbohydrates: 57.45g (20.89%), Sugar: 3.89g (4.33%), Cholesterol: 0.51mg (0.17%), Sodium: 202.57mg (8.81%), Protein: 14.35g (28.71%), Manganese: 1.76mg (88.13%), Vitamin K: 91.55µg (87.19%), Selenium: 48.72µg (69.61%), Vitamin E: 4.56mg (30.4%), Vitamin A: 1402.87IU (28.06%), Copper: 0.52mg (26.08%), Magnesium: 104.16mg (26.04%), Phosphorus: 257.46mg (25.75%), Fiber: 4.96g (19.84%), Iron: 2.53mg (14.07%), Zinc: 2.06mg (13.75%), Vitamin B2: 0.22mg (12.97%), Potassium: 452.83mg (12.94%), Vitamin B3: 2.4mg (11.99%), Vitamin C: 9.73mg (11.79%), Vitamin B6: 0.21mg (10.59%), Folate: 40.68µg (10.17%), Calcium: 93.27mg (9.33%), Vitamin B1: 0.14mg (9.2%), Vitamin B5: 0.49mg (4.89%)