



Fresh Pesto Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings garnishes: gourmet baby salad greens; grape tomatoes; mixed yellow pear-shaped
- 1 teaspoon dijon mustard
- 1 cup basil fresh chopped
- 1 garlic clove pressed
- 0.8 cup olive oil
- 3 ounce parmesan cheese shredded
- 1 teaspoon seasoned pepper
- 0.5 cup pinenuts toasted
- 0.3 cup red wine vinegar

- 0.5 teaspoon salt
- 16 ounce shell pasta
- 1 tablespoon sugar

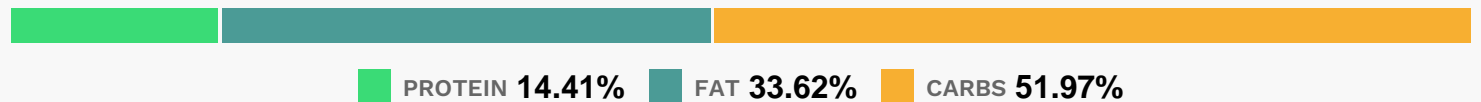
Equipment

- whisk

Directions

- Prepare pasta according to package directions; drain.
- Whisk together vinegar and next 5 ingredients. Gradually whisk in olive oil.
- Add vinaigrette to pasta.
- Add basil, cheese, and pine nuts; toss to combine.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:18.25, Inflammation Score:-7, Nutrition Score:14.497391352187%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 360.94kcal (18.05%), Fat: 13.51g (20.78%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 44.72g (16.26%), Sugar: 3.42g (3.8%), Cholesterol: 7.23mg (2.41%), Sodium: 337.62mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.05%), Manganese: 1.4mg (70.19%), Selenium: 38.74µg (55.34%), Phosphorus: 249.18mg (24.92%), Vitamin K: 20.1µg (19.14%), Magnesium: 63.45mg (15.86%), Copper: 0.32mg (15.82%), Calcium: 152.56mg (15.26%), Vitamin A: 699.97IU (14%), Vitamin C: 10.06mg (12.19%), Zinc: 1.76mg (11.73%), Vitamin E: 1.49mg (9.9%), Iron: 1.75mg (9.71%), Fiber: 2.27g (9.09%), Vitamin B3: 1.62mg (8.1%), Potassium: 273.99mg (7.83%), Folate: 30.76µg (7.69%), Vitamin B6: 0.14mg (7.03%), Vitamin B1: 0.1mg (6.74%), Vitamin B2: 0.11mg (6.61%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.13µg (2.13%)