



Fusilli with glorious green spinach sauce

READY IN



20 min.

SERVINGS



4

CALORIES



789 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g rotini pasta
- ☐ 225 g baby spinach
- ☐ 1 garlic clove
- ☐ 250 g mascarpone cheese
- ☐ 0.5 juice of lemon
- ☐ 30 g parmesan grated (or vegetarian alternative)
- ☐ 55 g pinenuts lightly toasted

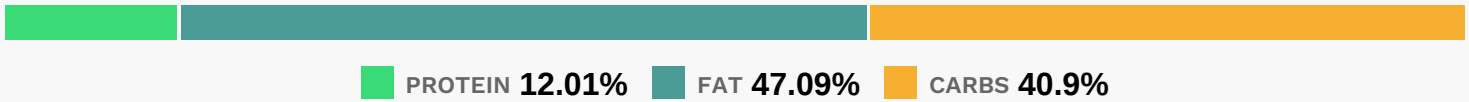
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook the pasta following pack instructions. Meanwhile put half the spinach in a food processor with the garlic, mascarpone, lemon juice and Parmesan, then whizz to a smooth sauce.
- ☐ Drain the pasta thoroughly and return to the pan over a low heat. Stir in the sauce, pine nuts and remaining spinach, until the spinach has just wilted. Season and serve with extra Parmesan sprinkled over.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:30.41, Inflammation Score:-10, Nutrition Score:31.537826123445%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 789.07kcal (39.45%), Fat: 41.21g (63.4%), Saturated Fat: 19.72g (123.24%), Carbohydrates: 80.51g (26.84%), Net Carbohydrates: 75.54g (27.47%), Sugar: 3.56g (3.96%), Cholesterol: 67.6mg (22.53%), Sodium: 205.4mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Vitamin K: 279.34µg (266.04%), Manganese: 2.65mg (132.32%), Vitamin A: 6212.42IU (124.25%), Selenium: 65.66µg (93.8%), Phosphorus: 349.12mg (34.91%), Magnesium: 135.66mg (33.92%), Folate: 133.1µg (33.27%), Copper: 0.55mg (27.44%), Calcium: 256.77mg (25.68%), Vitamin C: 17.6mg (21.34%), Iron: 3.66mg (20.34%), Fiber: 4.97g (19.89%), Zinc: 2.81mg (18.75%), Potassium: 632.73mg (18.08%), Vitamin E: 2.56mg (17.05%), Vitamin B6: 0.28mg (14.12%), Vitamin B3: 2.74mg (13.7%), Vitamin B2: 0.22mg (13.17%), Vitamin B1: 0.19mg (12.62%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.09µg (1.5%)