



Fusilli with Pistachio Pesto

READY IN



25 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 2 cups basil leaves fresh
- ☐ 8 ounces fusilli pasta uncooked
- ☐ 2 garlic cloves coarsely chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 cup roasted pistachios divided shelled
- ☐ 0.5 teaspoon salt

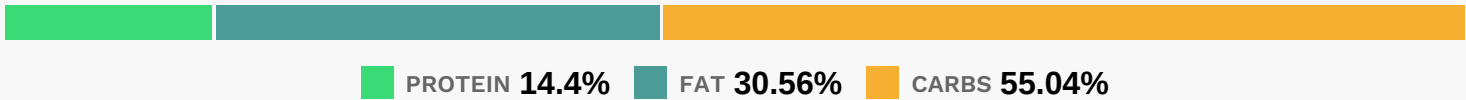
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve

Directions

- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain pasta through a sieve over a bowl, reserving 1/4 cup pasta water. Rinse pasta with cold water; drain.
- ☐ Combine basil, 3 tablespoons pistachios, oil, salt, and garlic in a food processor. Process until smooth, scraping sides.
- ☐ Transfer basil mixture to a large bowl; stir cheese and reserved 1/4 cup pasta water into basil mixture.
- ☐ Add pasta and tomatoes to basil mixture; toss gently to coat.
- ☐ Sprinkle with remaining 1 tablespoon pistachios.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:17.93, Inflammation Score:-7, Nutrition Score:14.898695670392%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 339.45kcal (16.97%), Fat: 11.59g (17.82%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 43.67g (15.88%), Sugar: 3.19g (3.54%), Cholesterol: 4.82mg (1.61%), Sodium: 410.41mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.57%), Selenium: 38.22µg (54.59%), Vitamin K: 56.11µg (53.43%), Manganese: 0.82mg (40.98%), Phosphorus: 211.97mg (21.2%), Vitamin A: 1030.68IU (20.61%), Copper: 0.34mg (16.95%), Vitamin B6: 0.28mg (14.23%), Magnesium: 54.63mg (13.66%), Calcium: 131.81mg (13.18%), Fiber: 3.28g (13.11%), Vitamin C: 8.16mg (9.89%), Potassium: 341.57mg (9.76%), Vitamin B1: 0.14mg (9.44%), Iron: 1.63mg (9.08%), Zinc: 1.34mg (8.95%), Vitamin E: 1.31mg (8.73%), Vitamin B3: 1.42mg (7.12%), Folate: 28.42µg (7.1%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.38mg (3.84%), Vitamin B12: 0.09µg (1.42%)