



HEALTH SCORE

70%

Fusilli with Spinach and Sun-Dried-Tomato Pesto



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces cherry tomatoes halved
- ☐ 1 pound fusilli
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 15 oil-packed sun-dried tomatoes drained chopped
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.8 cup pinenuts

- ☐ 1.3 teaspoons salt
- ☐ 2 cups spinach leaves shredded
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes; remove from the pan. Or toast the pine nuts in a 350 oven for 5 to 10 minutes.
- ☐ In a blender or food processor, put 1/4 cup of the pine nuts, the whole sun-dried tomatoes, the oil, water, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Puree until smooth.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the fusilli until just done, about 13 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ In a large glass or stainless-steel bowl, toss the pasta with the remaining 1/2 cup toasted pine nuts, 3/4 teaspoon salt, and 1/4 teaspoon pepper, the pesto, the chopped sun-dried tomatoes, the spinach, cherry tomatoes, and Parmesan.
- ☐ Add half a cup of roughly chopped pitted black olives to the salad.
- ☐ Wine Recommendation: There are seven different subzones within the Chianti growing area, among them the famed Classico. The best choice for this pasta, however, would be a Chianti from Rufina, where the wines are crisper, with more vibrant fruitiness.

Nutrition Facts



 PROTEIN **12.69%**  FAT **33.62%**  CARBS **53.69%**

Properties

Glycemic Index:40.75, Glycemic Load:35.17, Inflammation Score:-9, Nutrition Score:30.40695642194%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 694.38kcal (34.72%), Fat: 26.38g (40.58%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 94.79g (31.6%), Net Carbohydrates: 88.61g (32.22%), Sugar: 7.93g (8.81%), Cholesterol: 4.25mg (1.42%), Sodium: 859.84mg (37.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.81%), Manganese: 3.62mg (181.03%), Selenium: 74.04µg (105.77%), Vitamin K: 94.39µg (89.89%), Phosphorus: 449.6mg (44.96%), Copper: 0.83mg (41.44%), Magnesium: 157.26mg (39.31%), Vitamin A: 1737.56IU (34.75%), Vitamin E: 3.82mg (25.49%), Fiber: 6.18g (24.71%), Zinc: 3.7mg (24.66%), Iron: 4.36mg (24.24%), Potassium: 846.92mg (24.2%), Vitamin C: 17.05mg (20.67%), Vitamin B3: 4.07mg (20.36%), Vitamin B1: 0.26mg (17.57%), Folate: 69.23µg (17.31%), Vitamin B6: 0.28mg (13.95%), Calcium: 131.84mg (13.18%), Vitamin B2: 0.22mg (13%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.08µg (1.25%)