



HEALTH SCORE

81%

Fusilli With Spinach-Nut Pesto



Vegetarian



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound fusilli
- ☐ 1 clove garlic roughly chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 1 juice of lemon finely grated
- ☐ 6 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 6 servings pepper freshly ground
- ☐ 0.8 cup roasted nuts mixed salted chopped for topping

☐ 8 ounces pkt spinach

Equipment

☐ food processor

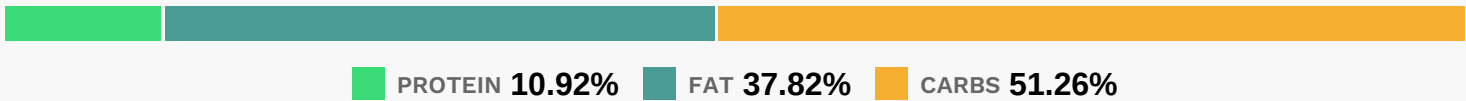
☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs; drain and return to the pot.
- ☐ Meanwhile, make the pesto: Pulse the nuts and garlic in a food processor until coarsely chopped.
- ☐ Add the spinach in batches, pulsing until chopped.
- ☐ Add the lemon zest and juice. With the motor running, add the olive oil in a steady stream; process until smooth, 1 minute.
- ☐ Add 3/4 teaspoon salt, and pepper to taste.
- ☐ Add the pesto and tomatoes to the pot with the pasta, season with salt and pepper and toss. Divide among bowls; drizzle with olive oil and top with chopped nuts.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:23.18, Inflammation Score:-10, Nutrition Score:25.185652193816%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin:

1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 500.11kcal (25.01%), Fat: 21.3g (32.77%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 64.96g (21.65%),
Net Carbohydrates: 60.85g (22.13%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 232.56mg (10.11%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.67%), Vitamin K: 197.95µg (188.52%), Vitamin A:
3752.2IU (75.04%), Selenium: 50.24µg (71.77%), Manganese: 1.22mg (61.21%), Copper: 0.67mg (33.31%), Magnesium:
117.79mg (29.45%), Folate: 103.51µg (25.88%), Phosphorus: 252.6mg (25.26%), Vitamin C: 16.11mg (19.53%), Vitamin
E: 2.88mg (19.19%), Iron: 3.19mg (17.74%), Fiber: 4.11g (16.45%), Potassium: 543.76mg (15.54%), Zinc: 2.28mg (15.18%),
Vitamin B6: 0.25mg (12.68%), Vitamin B3: 1.96mg (9.78%), Vitamin B1: 0.14mg (9.55%), Vitamin B2: 0.16mg (9.25%),
Calcium: 65.37mg (6.54%), Vitamin B5: 0.59mg (5.92%)