



## Garden Linguine with Pesto

READY IN



45 min.

SERVINGS



5

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons olive oil extravirgin
- 2 cups basil leaves fresh packed
- 0.3 pound green beans fresh trimmed halved
- 2 garlic cloves peeled halved
- 8 ounces pasta uncooked
- 0.3 cup parmesan cheese fresh divided grated
- 2 tablespoons pinenuts toasted
- 0.3 pound potatoes red cut into 1/2-inch cubes

0.5 teaspoon salt

## Equipment

food processor

bowl

pot

blender

slotted spoon

## Directions

Cook potatoes in a large pot of boiling water 5 minutes or just until tender.

Remove potatoes with a slotted spoon; place in a large bowl.

Add green beans to boiling water, and cook 3 minutes or until crisp-tender.

Remove green beans with a slotted spoon; place in bowl with potatoes.

Add pasta to boiling water, and cook 9 minutes or until pasta is done.

While vegetables and pasta cook, combine 2 tablespoons Parmesan cheese and next 3 ingredients in a food processor or blender. With processor on, slowly pour oil through food chute; process until well blended.

Drain pasta, reserving 1/3 cup cooking liquid.

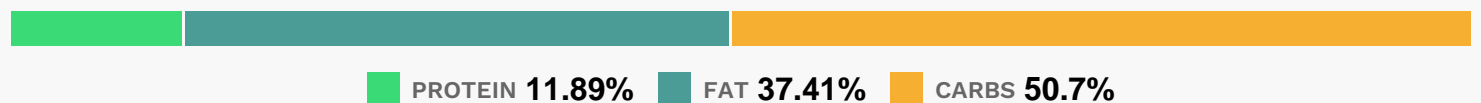
Add pasta to bowl with potatoes and green beans.

Sprinkle with salt and pepper.

Add reserved 1/3 cup cooking liquid to food processor; process until well blended.

Add pesto to pasta mixture; toss gently to coat. Spoon pasta into individual bowls, and sprinkle with remaining 2 tablespoons cheese.

## Nutrition Facts



## Properties

Glycemic Index:49.4, Glycemic Load:14.3, Inflammation Score:-6, Nutrition Score:13.682173922658%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 316.21kcal (15.81%), Fat: 13.26g (20.41%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 37.66g (13.69%), Sugar: 2.47g (2.74%), Cholesterol: 3.4mg (1.13%), Sodium: 321.67mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.97%), Vitamin K: 57.78µg (55.03%), Manganese: 0.99mg (49.68%), Selenium: 30.27µg (43.25%), Phosphorus: 173.25mg (17.33%), Vitamin A: 705.34IU (14.11%), Copper: 0.27mg (13.68%), Magnesium: 53.56mg (13.39%), Vitamin E: 1.82mg (12.12%), Fiber: 2.8g (11.21%), Calcium: 99.86mg (9.99%), Iron: 1.63mg (9.08%), Potassium: 315.27mg (9.01%), Vitamin B6: 0.17mg (8.67%), Zinc: 1.26mg (8.39%), Vitamin C: 6.85mg (8.31%), Vitamin B3: 1.48mg (7.42%), Folate: 28.02µg (7.01%), Vitamin B1: 0.1mg (6.67%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.37mg (3.74%)