



 **75%**
HEALTH SCORE

Golden Beets with Parsley Pesto and Fregola

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground plus more for serving
- 2 cups flat-leaf parsley leaves fresh packed
- 1 cup fregola uncooked
- 1 large clove garlic
- 4 medium golden beets trimmed
- 0.3 cup olive oil extra-virgin
- 1 tablespoon olive oil extra-virgin
- 0.3 cup parmesan grated

- 0.3 teaspoon salt
- 0.3 cup pistachios unsalted shelled

Equipment

- food processor
- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- blender
- aluminum foil
- pie form
- chefs knife

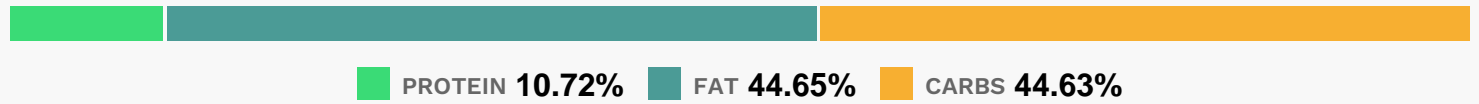
Directions

- Preheat oven to 450F. Wrap beets tightly in individual pieces of aluminum foil and place in a pie dish or on a rimmed baking sheet. Roast until tender (you should be able to pierce them easily with a knife), about 1 hour. Unwrap and set aside to cool. When cool enough to handle, rub with a paper towel to remove skins, or peel with a paring knife.
- Cut into quarters.
- Bring a medium saucepan of water to a boil. Cook fregola in boiling water for 12 minutes or according to package directions; drain.
- Transfer to a large bowl and stir in oil, salt and pepper until well combined.
- Make pesto: Using a sharp chef's knife, mince garlic with salt, then slide flat side of knife over mixture a few times to create a paste.
- Place parsley, nuts and cheese in work bowl of a food processor or a heavy-duty blender (such as a Vitamix).

Add garlic paste and pulse to combine. With processor running on low, slowly pour in oil until blended.

Stir pesto into fregola. Divide fregola among 4 bowls, then top each with 4 beet quarters. Grind some pepper on top, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:25.54, Inflammation Score:-10, Nutrition Score:29.639565092714%

Flavonoids

Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 577.96kcal (28.9%), Fat: 29.24g (44.98%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 65.75g (21.92%), Net Carbohydrates: 57g (20.73%), Sugar: 14.18g (15.75%), Cholesterol: 4.25mg (1.42%), Sodium: 399.61mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.58%), Vitamin K: 507.02µg (482.88%), Manganese: 1.31mg (65.36%), Folate: 247.26µg (61.81%), Vitamin C: 48.77mg (59.12%), Selenium: 41.15µg (58.78%), Vitamin A: 2659.41IU (53.19%), Fiber: 8.75g (34.98%), Phosphorus: 289.98mg (29%), Potassium: 964.79mg (27.57%), Iron: 4.6mg (25.55%), Magnesium: 99.78mg (24.94%), Vitamin E: 3.69mg (24.61%), Copper: 0.48mg (24.07%), Vitamin B6: 0.35mg (17.75%), Calcium: 168.2mg (16.82%), Zinc: 2.17mg (14.48%), Vitamin B1: 0.21mg (13.8%), Vitamin B3: 2.13mg (10.65%), Vitamin B2: 0.18mg (10.51%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.08µg (1.25%)