



Green Garlic & Spring Onion Pesto Pasta

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta
- ☐ 1 bunch arugula cleaned roughly chopped (&)
- ☐ 0.5 cup extra-olive oil as needed (or less)
- ☐ 0.3 cup parmesan cheese freshly grated plus more for garnish) to taste
- ☐ 0.3 cup pinenuts
- ☐ 1 pinch salt & pepper to taste

Equipment

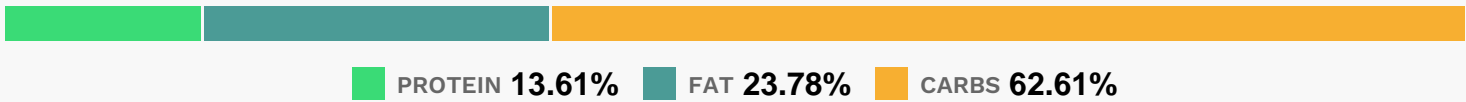
- ☐ food processor

- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Lightly toast the nuts in a dry skillet over medium heat until the nuts begin to brown slightly and are fragrant, about 2 minutes
- ☐ Using a blender or food processor pulse the pine nuts, arugula, green garlic, spring onions, basil, cheese and half the olive oil, until a thick paste is achieved.
- ☐ Add a little water (1 or 2 teaspoons) if the texture is too dry. With the machine running drizzle in as much as the remaining oil as necessary to get a good consistency. A little thick is fine, as you will adjust later with pasta water. Season with a pinch each salt and pepper as you like. Bring a large pot of salted water to a boil. Cook the pasta to package instructions until al dente.
- ☐ Drain (reserving about ½ cup of the pasta water. Toss the pasta with the pesto sauce, adding a bit of water to assist in mixing. Turn the pasta out onto a serving platter, garnish with a bit more cheese.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:34.28, Inflammation Score:-7, Nutrition Score:20.696521715625%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 556.79kcal (27.84%), Fat: 14.68g (22.59%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 87.01g (29%), Net Carbohydrates: 82.62g (30.04%), Sugar: 3.96g (4.4%), Cholesterol: 4.25mg (1.42%), Sodium: 124.52mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Selenium: 73.22µg (104.6%), Manganese: 1.87mg

(93.72%), Vitamin K: 38.81µg (36.96%), Phosphorus: 320.9mg (32.09%), Magnesium: 97.31mg (24.33%), Copper: 0.46mg (23.13%), Fiber: 4.39g (17.57%), Zinc: 2.45mg (16.32%), Calcium: 144.42mg (14.44%), Vitamin A: 721.63IU (14.43%), Iron: 2.43mg (13.53%), Folate: 51.12µg (12.78%), Vitamin E: 1.82mg (12.17%), Vitamin B3: 2.4mg (12.01%), Potassium: 413.3mg (11.81%), Vitamin B1: 0.15mg (9.84%), Vitamin B6: 0.2mg (9.76%), Vitamin B2: 0.13mg (7.78%), Vitamin B5: 0.67mg (6.67%), Vitamin C: 4.3mg (5.22%), Vitamin B12: 0.08µg (1.25%)