



Laksa & Cashew Nut Pesto Linguine

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



898 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 g laksa leaves only packed
- ☐ 100 g cashew nuts
- ☐ 2 eggs boiled soft
- ☐ 0.5 cup tbs extra virgin olive oil
- ☐ 1.5 Tbs fish sauce
- ☐ 4 cloves garlic peeled
- ☐ 200 g pasta
- ☐ 2 chili red coarsely chopped

- ☐ 20 g shrimps dried
- ☐ 2 large squid rings cut into rings
- ☐ 0.5 tsp sugar

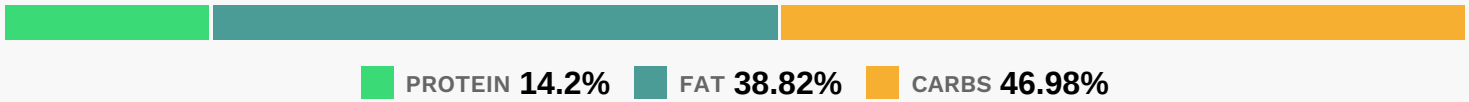
Equipment

- ☐ frying pan

Directions

- ☐ Heat up a pan and lightly toast the cashew nuts. Do the same with the dried shrimps. Leave to cool slightly.

Nutrition Facts



Properties

Glycemic Index:106.15, Glycemic Load:36.18, Inflammation Score:-9, Nutrition Score:41.246956514276%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 897.97kcal (44.9%), Fat: 39.97g (61.49%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 108.85g (36.28%), Net Carbohydrates: 99.25g (36.09%), Sugar: 9.77g (10.86%), Cholesterol: 182.11mg (60.7%), Sodium: 1155.32mg (50.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.82%), Manganese: 3.2mg (160.07%), Selenium: 89.84µg (128.34%), Vitamin C: 73.88mg (89.55%), Copper: 1.62mg (81.07%), Iron: 12.65mg (70.28%), Magnesium: 261.58mg (65.4%), Phosphorus: 642.66mg (64.27%), Vitamin B6: 1.04mg (52.12%), Zinc: 5.79mg (38.57%), Fiber: 9.6g (38.38%), Vitamin A: 1596.24IU (31.92%), Vitamin K: 30.19µg (28.75%), Potassium: 929.9mg (26.57%), Vitamin B1: 0.37mg (24.44%), Vitamin B2: 0.41mg (24.15%), Folate: 95.64µg (23.91%), Calcium: 219.04mg (21.9%), Vitamin E: 2.9mg (19.36%), Vitamin B3: 3.5mg (17.5%), Vitamin B5: 1.68mg (16.85%), Vitamin B12: 0.47µg (7.82%), Vitamin D: 0.88µg (5.87%)