



WHATSheATE



Ligurian Pasta Trenette

🤍 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



763 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

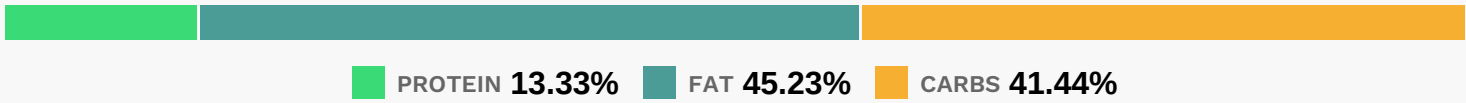
- ☐ 6 servings olive oil extra virgin melted
- ☐ 1 lb green beans trimmed halved
- ☐ 1 lb baby potatoes red peeled
- ☐ 1 lb soup noodles
- ☐ 6 servings pecorino cheese grated
- ☐ 1 cup basil pesto (dairy)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Ligurian Pasta Trenette
- ☐ Ingredients1 lb. red new potatoes, peeled1 lb. green beans, trimmed and halved1 lb. linguini or tagliatelle pasta1 cup pesto sauce (dairy)Extra virgin olive oil or melted butter
- ☐ Grated vegetarian parmesan or pecorino cheese
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 30 Minutes
- ☐ Total Time: 45 Minutes
- ☐ Servings: 5–6 servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:34.11, Inflammation Score:-8, Nutrition Score:23.826521707618%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 763.44kcal (38.17%), Fat: 38.42g (59.1%), Saturated Fat: 9.77g (61.04%), Carbohydrates: 79.2g (26.4%), Net Carbohydrates: 72.41g (26.33%), Sugar: 6.64g (7.37%), Cholesterol: 23.71mg (7.9%), Sodium: 880.95mg (38.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Selenium: 55.21µg (78.87%), Manganese: 0.98mg (48.91%), Calcium: 474.81mg (47.48%), Phosphorus: 422.9mg (42.29%), Vitamin K: 42.96µg (40.91%), Vitamin A: 1590.72IU (31.81%), Vitamin C: 24.12mg (29.23%), Fiber: 6.78g (27.14%), Vitamin B6: 0.46mg (23.21%), Magnesium: 89.55mg (22.39%), Potassium: 674.11mg (19.26%), Copper: 0.36mg (18.09%), Vitamin E: 2.48mg (16.55%), Iron: 2.92mg (16.2%), Zinc: 2.29mg (15.28%), Vitamin B2: 0.25mg (14.57%), Vitamin B3: 2.72mg

(13.59%), Vitamin B1: 0.2mg (13.48%), Folate: 52.75µg (13.19%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.36µg (6%)