



WHATSheATE



HEALTH SCORE

66%

Linguine With Almond Pesto and Beans



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup roasted almonds unsalted



15 ounce navy beans drained and rinsed canned



1.5 cups basil fresh



1.5 cups parsley fresh



1 clove garlic



0.5 cup kalamata olives pitted chopped



4 servings kosher salt



12 ounces pasta

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings pepper freshly ground
- ☐ 2 plum tomatoes chopped
- ☐ 0.3 cup ricotta cheese

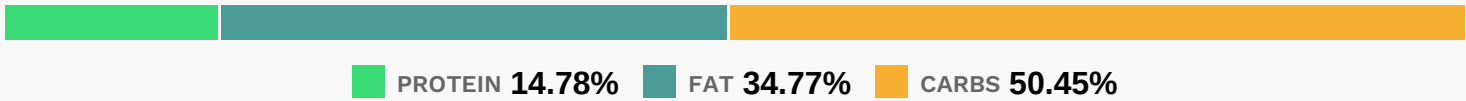
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Meanwhile, make the pesto: Pulse the almonds and garlic in a food processor until finely chopped.
- ☐ Add the parsley, basil and parmesan and pulse until the herbs are chopped, scraping down the side of the processor as needed. With the motor running, drizzle in the olive oil and blend until combined.
- ☐ Transfer to a large bowl; stir in the ricotta and olives.
- ☐ Add the linguine to the boiling water and cook as the label directs, adding the beans to the pot in the last 2 minutes of cooking. Reserve 1 cup of the cooking water, then drain the pasta and beans.
- ☐ Transfer to the bowl with the pesto and toss to coat.
- ☐ Add the tomatoes and toss to combine, adding the reserved cooking water as needed to loosen. Season with salt and pepper.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:70.25, Glycemic Load:26.49, Inflammation Score:-10, Nutrition Score:35.256956576005%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 3.39mg, Myricetin: 3.39mg, Myricetin: 3.39mg, Myricetin: 3.39mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 727.86kcal (36.39%), Fat: 28.51g (43.86%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 93.05g (31.02%), Net Carbohydrates: 81.56g (29.66%), Sugar: 4.28g (4.76%), Cholesterol: 15.98mg (5.33%), Sodium: 1080.2mg (46.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.51%), Vitamin K: 420.84µg (400.8%), Selenium: 65.9µg (94.15%), Manganese: 1.66mg (82.89%), Vitamin A: 2841.46IU (56.83%), Vitamin E: 7.02mg (46.83%), Phosphorus: 460.31mg (46.03%), Fiber: 11.49g (45.96%), Vitamin C: 36.77mg (44.57%), Magnesium: 154.32mg (38.58%), Copper: 0.71mg (35.35%), Folate: 134.84µg (33.71%), Iron: 5.57mg (30.93%), Calcium: 258.82mg (25.88%), Potassium: 852.65mg (24.36%), Zinc: 3.28mg (21.89%), Vitamin B2: 0.34mg (20.25%), Vitamin B1: 0.29mg (19.62%), Vitamin B6: 0.33mg (16.72%), Vitamin B3: 3.03mg (15.14%), Vitamin B5: 0.82mg (8.16%), Vitamin B12: 0.15µg (2.58%)