



Linguine with Avocado and Arugula Pesto

READY IN



17 min.

SERVINGS



6

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced (see Cook's Note)
- ☐ 2 medium avocados peeled halved seeded (12 ounces total)
- ☐ 3 ounces baby arugula leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup basil leaves fresh packed
- ☐ 2 cloves garlic peeled smashed
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh (from 2 large limes)
- ☐ 4 ounces parmesan grated

☐ 1 pound linguine pasta

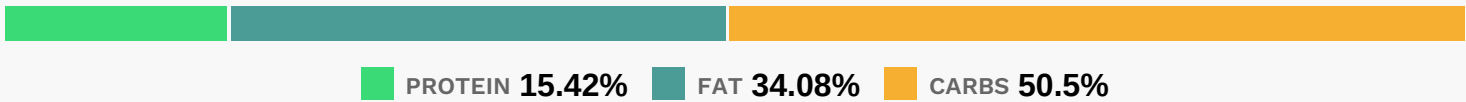
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Cook's Note: To toast the almonds, arrange in a single layer on a baking sheet.
- ☐ Bake in a preheated 350 degrees F oven for 6 to 8 minutes until lightly toasted. Cool completely before using.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ Place in a serving bowl.
- ☐ Using a spoon, scoop out the flesh from the avocados and place in a food processor.
- ☐ Add the arugula, basil, lime juice, garlic, salt, and pepper. Blend until smooth.
- ☐ Pour the pesto over the pasta and toss together.
- ☐ Add the cheese and almonds and toss together until coated, adding the pasta water, as needed, to loosen the sauce.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:23.65, Inflammation Score:-8, Nutrition Score:22.750869465911%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 514.4kcal (25.72%), Fat: 19.83g (30.51%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 57.87g (21.04%), Sugar: 3.39g (3.76%), Cholesterol: 12.85mg (4.28%), Sodium: 704mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.37%), Selenium: 52.83µg (75.47%), Manganese: 1.1mg (54.95%), Vitamin K: 46.85µg (44.62%), Phosphorus: 358.22mg (35.82%), Fiber: 8.25g (33%), Calcium: 301.91mg (30.19%), Magnesium: 98.88mg (24.72%), Vitamin E: 3.59mg (23.91%), Copper: 0.46mg (23.22%), Folate: 89.85µg (22.46%), Potassium: 646.3mg (18.47%), Vitamin B2: 0.3mg (17.67%), Vitamin B6: 0.34mg (16.98%), Vitamin A: 797.62IU (15.95%), Zinc: 2.37mg (15.82%), Vitamin C: 12.11mg (14.68%), Vitamin B5: 1.47mg (14.66%), Vitamin B3: 2.88mg (14.39%), Iron: 2.17mg (12.04%), Vitamin B1: 0.15mg (9.84%), Vitamin B12: 0.23µg (3.78%)