



 **100%**
HEALTH SCORE

Linguine with Leeks, Radicchio, and Walnut Pesto

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



938 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups leek dark green thinly sliced (including some parts)
- 2 teaspoons juice of lemon fresh
- 8 ounces pasta
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.3 cup parmesan cheese grated shaved for garnish
- 0.5 cup parsley fresh italian packed ()
- 2 cups radicchio thinly thinly sliced

1 ounce walnut pieces for garnish

Equipment

frying pan

pot

Directions

Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.

Heat 1 tablespoon oil in large nonstick skillet over medium high heat.

Add leeks; season with salt and pepper. Cover; cook until tender and beginning to brown, stirring occasionally, about 10 minutes. Puree parsley, 1/4 cup Parmesan, 1/4 cup walnuts, lemon juice, and 3 tablespoons oil in mini processor until coarse puree forms. Season pesto with salt and pepper.

Drain pasta, reserving 1 cup cooking liquid.

Add pasta, pesto, and radicchio to leeks; toss, adding cooking liquid by tablespoonfuls if dry.

Garnish with walnuts and shaved Parmesan.

One serving contains the following: Calories (kcal) 882.28; % Calorie from Fat 43.3; Fat (g) 42.44; Saturated Fat (g) 6.94; Cholesterol (mg) 10.01; Carbohydrates (g) 101.65; Dietary Fiber (g) 7.02; Total Sugars (g) 8.81; Net Carbs (g) 94.62; Protein (g) 27.20

Bon Appétit

Nutrition Facts


PROTEIN 10.22% **FAT 40.84%** **CARBS 48.94%**

Properties

Glycemic Index:63, Glycemic Load:41.45, Inflammation Score:-10, Nutrition Score:39.546086825754%

Flavonoids

Cyanidin: 51.18mg, Cyanidin: 51.18mg, Cyanidin: 51.18mg, Cyanidin: 51.18mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin:

0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 15.39mg, Luteolin: 15.39mg, Luteolin: 15.39mg, Luteolin: 15.39mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Myricetin: 2.62mg, Myricetin: 2.62mg, Myricetin: 2.62mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 937.83kcal (46.89%), Fat: 43.22g (66.49%), Saturated Fat: 7.1g (44.38%), Carbohydrates: 116.53g (38.84%), Net Carbohydrates: 107.88g (39.23%), Sugar: 10.84g (12.05%), Cholesterol: 10.88mg (3.63%), Sodium: 279.25mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.69%), Vitamin K: 449.22µg (427.83%), Manganese: 2.47mg (123.52%), Selenium: 78.9µg (112.71%), Vitamin A: 4352.92IU (87.06%), Vitamin C: 46.63mg (56.52%), Folate: 196.77µg (49.19%), Copper: 0.93mg (46.56%), Vitamin E: 6.98mg (46.54%), Phosphorus: 430.02mg (43%), Iron: 7mg (38.89%), Magnesium: 149.71mg (37.43%), Vitamin B6: 0.7mg (35.03%), Fiber: 8.65g (34.61%), Calcium: 282.1mg (28.21%), Potassium: 868.12mg (24.8%), Zinc: 3.2mg (21.35%), Vitamin B1: 0.28mg (18.74%), Vitamin B3: 3.11mg (15.56%), Vitamin B2: 0.21mg (12.5%), Vitamin B5: 1.03mg (10.34%), Vitamin B12: 0.17µg (2.81%)