



Linguine with Pecan Arugula Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz arugula
- ☐ 0.5 teaspoon pepper black
- ☐ 1 large garlic clove
- ☐ 1 lb pasta dried
- ☐ 0.5 cup olive oil
- ☐ 1.5 oz parmigiano-reggiano finely grated
- ☐ 3 oz pecans toasted
- ☐ 0.5 teaspoon salt

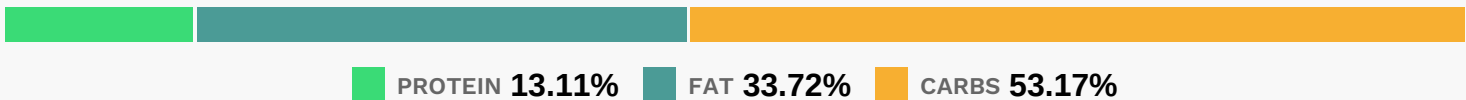
Equipment

- ☐ food processor
- ☐ ladle
- ☐ knife
- ☐ pot
- ☐ mortar and pestle
- ☐ colander

Directions

- ☐ Finely chop 1/4 cup pecans (preferably with a knife).
- ☐ Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large heavy knife). Blend remaining 1/2cup pecans, arugula, cheese, oil, pepper, and garlic paste in a food processor until smooth, about 1 minute.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente, 10 to 12 minutes. Ladle out and reserve 1 1/2 cups cooking water.
- ☐ Drain pasta in a colander, then return to pot and toss with pesto, 1/2 cup cooking water, and chopped pecans, adding more cooking water as necessary if pasta seems dry.
- ☐ You can substitute 2 cups fresh flat-leaf parsley for the arugula, but then you should use only 1/3 cup olive oil(instead of 1/2 cup) in the pesto.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:34.79, Inflammation Score:-9, Nutrition Score:28.005652037652%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.49mg,

Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg,
Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg,
Isorhamnetin: 3.05mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg,
Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 676.5kcal (33.83%), Fat: 25.65g (39.46%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 90.97g
(30.32%), Net Carbohydrates: 84.08g (30.58%), Sugar: 5.42g (6.02%), Cholesterol: 7.23mg (2.41%), Sodium:
487.22mg (21.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Manganese: 2.27mg
(113.57%), Selenium: 75.2µg (107.43%), Vitamin K: 81.96µg (78.06%), Phosphorus: 385.39mg (38.54%), Vitamin A:
1778.2IU (35.56%), Copper: 0.65mg (32.3%), Magnesium: 124.44mg (31.11%), Calcium: 280.67mg (28.07%), Fiber:
6.88g (27.53%), Folate: 94.65µg (23.66%), Zinc: 3.2mg (21.33%), Vitamin B1: 0.28mg (18.63%), Iron: 3.2mg (17.8%),
Potassium: 617.8mg (17.65%), Vitamin B6: 0.28mg (13.86%), Vitamin C: 11.1mg (13.45%), Vitamin B3: 2.43mg (12.15%),
Vitamin B2: 0.19mg (11.36%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 1.53mg (10.21%), Vitamin B12: 0.13µg (2.13%)