



Linguine with Potatoes, Green Beans, and Spinach Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups cut green beans 2-inch
- ☐ 2 tablespoons juice of lemon
- ☐ 8 ounces pasta uncooked
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces parmesan cheese fresh grated

- ☐ 0.3 teaspoon pepper
- ☐ 6 tablespoons pinenuts divided toasted
- ☐ 3 cups potatoes red cubed peeled 3 medium
- ☐ 0.5 teaspoon salt
- ☐ 7 cups d spinach leaves trimmed
- ☐ 2 tablespoons water

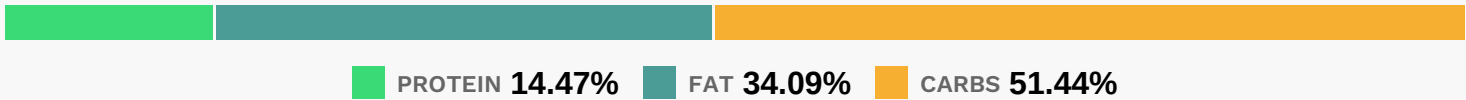
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place 3 tablespoons pine nuts, spinach, and next 6 ingredients (spinach through garlic) in a food processor; process until smooth, scraping sides of processor bowl once. With food processor on, slowly pour water and oil through food chute; process until well-blended. Set aside.
- ☐ Cook linguine and potato in boiling water 6 minutes.
- ☐ Add green beans; cook an additional 5 minutes or until potato is tender.
- ☐ Drain.
- ☐ Combine remaining 3 tablespoons pine nuts, spinach mixture, and pasta mixture in a large bowl. Toss well to coat.
- ☐ Garnish with Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:18.6, Inflammation Score:-10, Nutrition Score:32.312173515558%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 456.96kcal (22.85%), Fat: 17.81g (27.39%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 54.39g (19.78%), Sugar: 5.09g (5.65%), Cholesterol: 7.23mg (2.41%), Sodium: 520.46mg (22.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Vitamin K: 295.74µg (281.66%), Manganese: 2.57mg (128.56%), Vitamin A: 5474.13IU (109.48%), Selenium: 39.7µg (56.71%), Folate: 148.76µg (37.19%), Vitamin C: 30.06mg (36.44%), Magnesium: 142.06mg (35.51%), Phosphorus: 352.06mg (35.21%), Copper: 0.56mg (28.07%), Potassium: 910.63mg (26.02%), Fiber: 6.08g (24.3%), Iron: 4.17mg (23.15%), Calcium: 224.94mg (22.49%), Vitamin E: 3.31mg (22.08%), Vitamin B6: 0.4mg (20.23%), Zinc: 2.69mg (17.94%), Vitamin B2: 0.28mg (16.55%), Vitamin B1: 0.25mg (16.46%), Vitamin B3: 3.11mg (15.57%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.13µg (2.13%)