



Linguine with Sun-Dried Tomato Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup blanched slivered almonds toasted
- ☐ 0.5 cup basil fresh packed ()
- ☐ 1 garlic clove
- ☐ 1 pound pasta
- ☐ 0.3 cup sun-dried olives drained
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.7 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 0.5 cup water

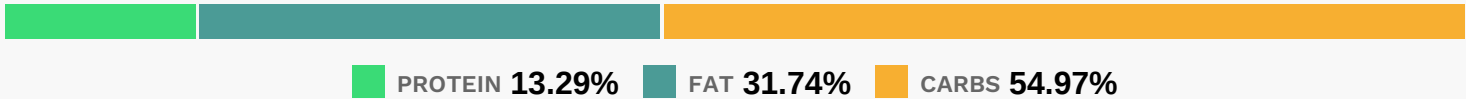
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Blend first 5 ingredients in processor until nuts are finely chopped. With machine running, gradually add oil, then 1/2 cup water, blending until almost smooth.
- ☐ Transfer pesto to bowl.
- ☐ Mix in 1/3 cup cheese. Season to taste with salt.
- ☐ Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup cooking water. Return pasta to pot.
- ☐ Add pesto and toss to coat, adding enough reserved water to form thin sauce. Season with salt and pepper.
- ☐ Serve, passing remaining cheese.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:23.35, Inflammation Score:-5, Nutrition Score:14.086521703264%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 446.51kcal (22.33%), Fat: 15.77g (24.27%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 61.46g (20.49%), Net Carbohydrates: 57.98g (21.08%), Sugar: 3.97g (4.41%), Cholesterol: 9.67mg (3.22%), Sodium: 206.75mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Selenium: 52.15µg (74.5%), Manganese: 0.9mg (45.09%), Phosphorus: 253.3mg (25.33%), Copper: 0.35mg (17.35%), Vitamin E: 2.54mg (16.92%), Magnesium: 66.57mg (16.64%), Vitamin K: 16.01µg (15.24%), Fiber: 3.49g (13.94%), Calcium: 135.02mg

(13.5%), Zinc: 1.8mg (11.98%), Potassium: 384.7mg (10.99%), Iron: 1.73mg (9.59%), Vitamin B3: 1.89mg (9.46%), Vitamin B2: 0.14mg (8.27%), Vitamin B6: 0.15mg (7.35%), Vitamin B1: 0.11mg (7.04%), Folate: 20.98µg (5.25%), Vitamin A: 254.38IU (5.09%), Vitamin B5: 0.48mg (4.79%), Vitamin C: 2.31mg (2.8%), Vitamin B12: 0.15µg (2.5%)