



Linguini with Kale Pesto

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



729 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup evoo
- ☐ 2 cloves garlic crushed
- ☐ 1 bunch tuscan kale stemmed
- ☐ 1 lemon zest juiced
- ☐ 1 pound linguini
- ☐ 4 servings nutmeg freshly grated
- ☐ 0.5 cup pecorino cheese plus more to pass
- ☐ 0.3 cup pinenuts toasted

☐ 4 servings salt and pepper

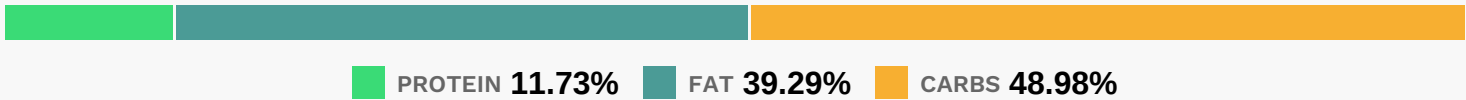
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a large pot of water on to boil for the linguini.
- ☐ Place the pine nuts, garlic, lemon zest and juice in a food processor and pulse to finely chop.
- ☐ Add the kale in stages and pulse to finely chop.
- ☐ Add some salt, pepper and a few grates of nutmeg. Stream in the EVOO until a thick sauce forms.
- ☐ Transfer to a bowl and stir in the Pecorino.
- ☐ Salt the water and cook the pasta to al dente.
- ☐ Add 1 cup starchy pasta water to the pesto just before draining the pasta. Toss the linguini with the pesto to coat, 1 to 2 minutes. Adjust the seasoning and serve with extra cheese to pass at the table.
- ☐ Get Rachael's shopping list for this episode's recipes here [tk link].

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:34.73, Inflammation Score:-10, Nutrition Score:30.386956584194%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.36mg, Quercetin:

7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 728.73kcal (36.44%), Fat: 32g (49.23%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 89.76g (29.92%), Net Carbohydrates: 83.78g (30.46%), Sugar: 4.43g (4.92%), Cholesterol: 13mg (4.33%), Sodium: 369.07mg (16.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.97%), Vitamin K: 144.06µg (137.2%), Manganese: 2.33mg (116.52%), Selenium: 74.11µg (105.87%), Vitamin A: 3304.81IU (66.1%), Vitamin C: 32.91mg (39.89%), Phosphorus: 398.62mg (39.86%), Magnesium: 108.45mg (27.11%), Vitamin E: 4.01mg (26.76%), Copper: 0.52mg (26.19%), Calcium: 249.87mg (24.99%), Fiber: 5.98g (23.94%), Zinc: 2.84mg (18.92%), Iron: 2.91mg (16.19%), Vitamin B2: 0.26mg (15.09%), Vitamin B3: 2.86mg (14.29%), Potassium: 459.53mg (13.13%), Vitamin B1: 0.2mg (13.01%), Vitamin B6: 0.25mg (12.72%), Folate: 47.02µg (11.76%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.14µg (2.33%)