



Macadamia Nut-Pesto Fettuccine

READY IN



45 min.

SERVINGS



3

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 9 ounce fettuccine barilla fresh
- ☐ 3 cups basil leaves fresh
- ☐ 0.3 cup half-and-half
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons roasted macadamia nuts
- ☐ 3 tablespoons parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

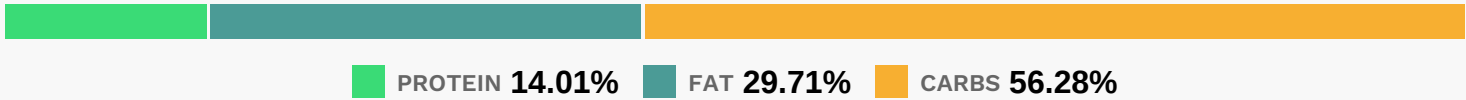
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, place basil and remaining ingredients in a food processor; process until smooth.
- ☐ Combine basil mixture and pasta in a large bowl, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:25.75, Inflammation Score:-8, Nutrition Score:23.44391315398%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 452.96kcal (22.65%), Fat: 15.15g (23.31%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 64.56g (21.52%), Net Carbohydrates: 60.4g (21.96%), Sugar: 3.25g (3.62%), Cholesterol: 81.9mg (27.3%), Sodium: 693.26mg (30.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.16%), Selenium: 69.25µg (98.93%), Vitamin K: 100.92µg (96.11%), Manganese: 1.46mg (73.11%), Phosphorus: 292.39mg (29.24%), Vitamin A: 1431.59IU (28.63%), Copper: 0.43mg (21.52%), Magnesium: 83.09mg (20.77%), Vitamin B1: 0.28mg (18.87%), Fiber: 4.16g (16.66%), Calcium: 163.96mg (16.4%), Iron: 2.84mg (15.79%), Zinc: 2.18mg (14.56%), Vitamin B6: 0.27mg (13.43%), Vitamin B3: 2.3mg (11.49%), Folate: 45.1µg (11.27%), Potassium: 361.19mg (10.32%), Vitamin C: 8.49mg (10.29%), Vitamin B5: 1mg (10%), Vitamin B2: 0.17mg (9.93%), Vitamin B12: 0.34µg (5.75%), Vitamin E: 0.64mg (4.27%), Vitamin D: 0.28µg (1.87%)