



 **100%**
HEALTH SCORE

Mexican-Style Pesto With Rice or Whole Grain Pasta

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



693 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup arugula packed
- 2 carrots sliced
- 2 ribs celery sliced
- 4 cups chicken stock see
- 3 fresno chile peppers
- 1 teaspoon cumin
- 2 bay leaves fresh

- 1 cup flat-leaf parsley fresh packed
- 2 cloves garlic grated finely chopped
- 1 juice of lime
- 1 rind of lemon peeled
- 4 servings manchego cheese grated for garnish
- 2 sprigs marjoram fresh leaves picked
- 0.3 cup olive oil extra-virgin
- 1 onion quartered
- 1 large rind from a hunk of parmigiano-reggiano cheese trimmed
- 0.3 cup pistachios sliced
- 1 pound rice flour whole wheat whole
- 4 servings salt and pepper black freshly ground
- 1 sprigs herb bundle of several each thyme fresh
- 3 quarts water

Equipment

- food processor
- bowl
- ladle
- pot
- sieve
- broiler
- slotted spoon

Directions

- Set aside or prepare the stock.
- Char and blister the chile peppers by placing over a burner, an open flame or under a broiler, and turning until black.

- Place the charred peppers in a small bowl and cover until cool enough to handle. Peel and seed the peppers and add them to a food processor. Meanwhile, lightly toast nuts and add to the processor bowl.
- Add the cilantro, spicy greens, marjoram, garlic, cumin, lime juice, a splash of stock, salt, and pepper, then pour in about 1/4 cup extra-virgin olive oil and pulse the processor to form the pesto sauce.
- Place in a container, cover, and store in the refrigerator for a make-ahead meal.
- To serve, place the pesto in the bottom of a large serving bowl.
- Heat a large pot of water to a boil for pasta, salt the water and cook pasta to al dente. Just before draining, add a ladle of starchy cooking water to the pesto, drain the pasta and add the hot pasta to the serving bowl and toss 1 to 2 minutes, serve immediately with grated Manchego on top.
- Place the cheese rind, herb bundle, onion, celery, carrots, lemon rind, bay leaves, chicken stock, and water into a pot and bring to a bubble, then reduce the heat to a simmer. Simmer at least 1 hour, and then remove the rind, herb bundle, and vegetables with a slotted spoon or strainer.

Nutrition Facts

■ PROTEIN **14.48%** ■ FAT **26.95%** ■ CARBS **58.57%**

Properties

Glycemic Index:98.96, Glycemic Load:3.14, Inflammation Score:-10, Nutrition Score:44.08695662791%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 33.72mg, Apigenin: 33.72mg, Apigenin: 33.72mg, Apigenin: 33.72mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 692.87kcal (34.64%), Fat: 21.84g (33.59%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 106.77g (35.59%), Net Carbohydrates: 102.97g (37.44%), Sugar: 9.16g (10.18%), Cholesterol: 8.44mg (2.81%), Sodium: 450.69mg (19.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.81%), Vitamin K: 281.19µg (267.8%), Manganese: 3.86mg (193.17%), Vitamin A: 6962.03IU (139.24%), Selenium: 89.06µg (127.23%), Vitamin C: 79.75mg (96.66%), Magnesium: 224.56mg (56.14%), Vitamin B3: 10.91mg (54.54%), Vitamin B1: 0.74mg (49.01%), Copper: 0.93mg (46.71%), Phosphorus: 442.74mg (44.27%), Iron: 6.93mg (38.47%), Vitamin B6: 0.71mg (35.69%), Folate: 134.65µg (33.66%), Vitamin B2: 0.52mg (30.86%), Vitamin E: 4.16mg (27.72%), Potassium: 969.62mg (27.7%), Zinc: 3.76mg (25.07%), Calcium: 173.75mg (17.37%), Fiber: 3.8g (15.2%), Vitamin B5: 1.49mg (14.87%)