



 **64%**
HEALTH SCORE

Mixed Herb Pesto Penne

 Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cloves made into a paste grated
- 0.5 cup evoo
- 0.5 cup flat-leaf parsley leaves fresh
- 1 cup basil leaves fresh
- 0.3 cup mint leaves fresh
- 2 tablespoons thyme leaves fresh
- 0.3 pound haricots verts trimmed cut into thirds
- 0.5 juice of lemon

- 0.3 cup parmigiano-reggiano grated
- 1 pound penne pasta
- 0.3 cup pinenuts
- 1 small baking potatoes diced peeled
- 6 servings salt and pepper freshly ground

Equipment

- food processor
- bowl
- pot

Directions

- Place the basil, parsley, cheese, mint, pine nuts, thyme, garlic and lemon juice in a food processor and season with salt and pepper. Turn the processor on and add the EVOO in a slow stream, blending until a thick sauce forms.
- Transfer to a large bowl.
- Bring a large pot of salted water to a boil.
- Add the pasta and cook for 6 minutes.
- Add the potatoes and cook for 1 more minute.
- Add the haricots verts and cook until the pasta is al dente, 2 to 3 more minutes. Reserve 1 cup of the cooking water and add it to the pesto.
- Drain the pasta, then add it to the bowl with the pesto and toss to coat.

Nutrition Facts



PROTEIN 13.79% **FAT 22.38%** **CARBS 63.83%**

Properties

Glycemic Index:67.96, Glycemic Load:27.49, Inflammation Score:-10, Nutrition Score:21.158695866232%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.95mg, Apigenin: 10.95mg, Apigenin: 10.95mg, Apigenin: 10.95mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 409.72kcal (20.49%), Fat: 10.25g (15.77%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 65.77g (21.92%), Net Carbohydrates: 61.36g (22.31%), Sugar: 3.4g (3.78%), Cholesterol: 3.78mg (1.26%), Sodium: 306.65mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Vitamin K: 115.41µg (109.92%), Selenium: 49.38µg (70.54%), Manganese: 1.41mg (70.41%), Phosphorus: 248.65mg (24.87%), Vitamin C: 17.4mg (21.1%), Vitamin A: 1042.33IU (20.85%), Magnesium: 80.06mg (20.01%), Copper: 0.38mg (19.25%), Fiber: 4.41g (17.63%), Iron: 2.81mg (15.63%), Vitamin B6: 0.27mg (13.7%), Potassium: 446.33mg (12.75%), Zinc: 1.88mg (12.56%), Calcium: 124.04mg (12.4%), Vitamin B3: 2.21mg (11.03%), Folate: 42.26µg (10.57%), Vitamin B1: 0.14mg (9.59%), Vitamin E: 1.32mg (8.79%), Vitamin B2: 0.14mg (8.07%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.07µg (1.12%)