



Pasta, Pesto, and Peas

READY IN



58 min.

SERVINGS



12

CALORIES



645 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.8 pound bow tie pasta
- ☐ 5 cups basil leaves fresh packed
- ☐ 0.8 pound fusilli pasta
- ☐ 9 cloves garlic chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon freshly squeezed

- ☐ 1.3 cups mayonnaise good
- ☐ 0.3 cup olive oil good
- ☐ 1.5 cups olive oil good
- ☐ 0.5 cup parmesan freshly grated
- ☐ 1 cup parmesan freshly grated
- ☐ 1.5 cups peas frozen
- ☐ 0.3 cup pignolis pine nuts
- ☐ 0.3 cup pignolis pine nuts
- ☐ 1.5 cups see recipe below
- ☐ 10 ounce pkt spinach frozen dry chopped
- ☐ 0.3 cup walnuts

Equipment

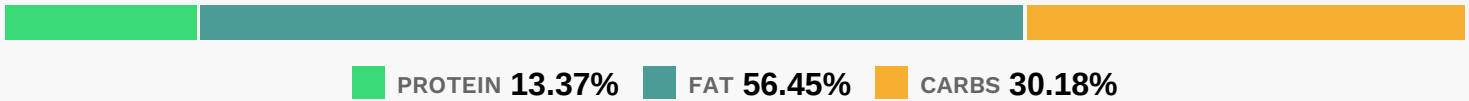
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ salad spinner

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the fusilli and bow ties separately in a large pot of boiling salted water for 10 to 12 minutes until each pasta is al dente.
- ☐ Drain and toss into a bowl with the olive oil. Cool to room temperature.
- ☐ In the bowl of a food processor fitted with a steel blade, puree the pesto, spinach, and lemon juice.
- ☐ Add the mayonnaise and puree.

- ☐ Add the pesto mixture to the cooled pasta and then add the Parmesan, peas, pignolis, salt, and pepper.
- ☐ Mix well, season to taste, and serve at room temperature.
- ☐ Place the walnuts, pignolis, and garlic in the bowl of a food processor fitted with a steel blade. Process for 15 seconds.
- ☐ Add the basil leaves, salt, and pepper. With the processor running, slowly pour the olive oil into the bowl through the feed tube and process until the pesto is thoroughly pureed.
- ☐ Add the Parmesan and puree for a minute. Use right away or store the pesto in the refrigerator or freezer with a thin film of olive oil on top.
- ☐ Notes: Air is the enemy of pesto. For freezing, pack it in containers with a film of oil or plastic wrap directly on top with the air pressed out.
- ☐ To clean basil, remove the leaves, swirl them in a bowl of water, and then spin them very dry in a salad spinner. Store them in a closed plastic bag with a slightly damp paper towel. As long as the leaves are dry they will stay green for several days.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:18.25, Inflammation Score:-10, Nutrition Score:24.758695550587%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 644.81kcal (32.24%), Fat: 40.84g (62.83%), Saturated Fat: 8.83g (55.18%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 44.89g (16.33%), Sugar: 3.38g (3.75%), Cholesterol: 38.48mg (12.83%), Sodium: 1134.35mg (49.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.51%), Vitamin K: 182.26µg (173.58%), Manganese: 1.62mg (80.82%), Vitamin A: 3553.58IU (71.07%), Selenium: 41.46µg (59.23%), Phosphorus: 285.93mg (28.59%), Vitamin E: 3.71mg (24.73%), Calcium: 223.82mg (22.38%), Magnesium: 87.5mg (21.88%),

Copper: 0.41mg (20.68%), Folate: 70.57µg (17.64%), Fiber: 4.23g (16.92%), Vitamin C: 12.59mg (15.26%), Zinc: 2.15mg (14.31%), Iron: 2.48mg (13.78%), Vitamin B6: 0.23mg (11.51%), Vitamin B1: 0.17mg (11.33%), Vitamin B2: 0.19mg (10.97%), Potassium: 364.93mg (10.43%), Vitamin B3: 1.92mg (9.62%), Vitamin B5: 0.46mg (4.6%), Vitamin B12: 0.18µg (2.97%)