



Pasta Primavera with Arugula Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups arugula
- ☐ 1 pound penne pasta cooked
- ☐ 1 garlic clove minced
- ☐ 0.5 cup grape tomatoes halved
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil

- ☐ 0.3 cup parmesan grated
- ☐ 0.3 teaspoon pepper
- ☐ 2 onions red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 3 walnut halves toasted chopped
- ☐ 2 zucchini thinly sliced

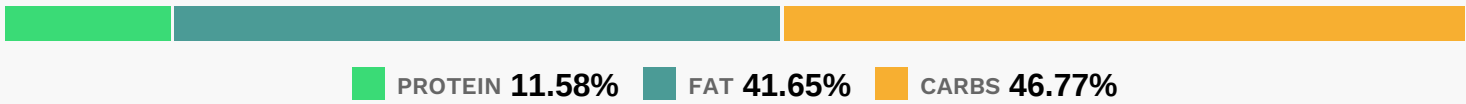
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ In a bowl, toss zucchini and onions with 1 tablespoon olive oil and 1/4 tsp each salt and pepper.
- ☐ Spread on 2 baking sheets. Roast until tender (about 15 minutes), stirring once. In a food processor or blender, process arugula, garlic, walnuts, 1 tablespoon lemon juice, lemon zest, Parmesan, and 1/4 tsp each salt and pepper, pouring in 3 tablespoons olive oil in a slow stream. In a large bowl, toss arugula pesto with penne, roasted vegetables, grape tomatoes, and 2 tablespoons lemon juice.

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:11.9, Inflammation Score:-6, Nutrition Score:10.04130438942%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 257.26kcal (12.86%), Fat: 12.1g (18.62%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 27.52g (10.01%), Sugar: 4.34g (4.82%), Cholesterol: 2.83mg (0.94%), Sodium: 173.92mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.15%), Selenium: 21.36µg (30.52%), Vitamin C: 20.61mg (24.98%), Manganese: 0.5mg (24.85%), Vitamin K: 17.07µg (16.25%), Fiber: 3.05g (12.2%), Phosphorus: 119.67mg (11.97%), Vitamin B6: 0.22mg (11.1%), Vitamin E: 1.6mg (10.67%), Folate: 39.11µg (9.78%), Potassium: 331.07mg (9.46%), Magnesium: 37.72mg (9.43%), Calcium: 88.72mg (8.87%), Iron: 1.56mg (8.66%), Vitamin A: 426.89IU (8.54%), Copper: 0.16mg (7.92%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.14%), Vitamin B3: 0.77mg (3.84%), Vitamin B5: 0.34mg (3.43%)