



Pasta with Arugula Pesto

 Vegetarian

READY IN



24 min.

SERVINGS



4

CALORIES



787 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce angel hair pasta
- ☐ 3 ounces lightly baby arugula packed
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 6 ounces mozzarella cheese fresh
- ☐ 3 garlic cloves divided sliced
- ☐ 4 servings kosher salt to taste
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 ounces parmesan cheese grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 4 small tomatoes coarsely chopped

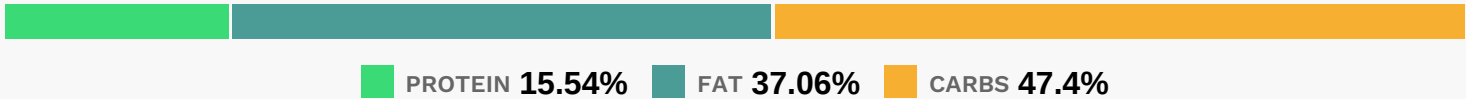
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine first 3 ingredients and 1 sliced garlic clove in a food processor or blender; pulse until coarsely chopped.
- ☐ Add lemon juice and 2 tablespoons olive oil, and pulse to form a thick paste. Season to taste with kosher salt and black pepper. Set aside.
- ☐ Prepare pasta according to package directions. Cover and keep warm.
- ☐ Meanwhile, heat remaining 2 tablespoons olive oil in a skillet over medium-high heat.
- ☐ Add remaining 2 garlic cloves; cook 1 minute.
- ☐ Add tomatoes and kosher salt and black pepper to taste; cook 3 to 5 minutes or until tomatoes are tender but hold their shape.
- ☐ Toss hot pasta with reserved arugula pesto. Top with mozzarella, and serve with sauted tomatoes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:35.58, Inflammation Score:-9, Nutrition Score:27.539565101914%

Flavonoids

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: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg 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: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 7.51mg, Kaempferol: 7.51mg, Kaempferol: 7.51mg, Kaempferol: 7.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 787.07kcal (39.35%), Fat: 32.45g (49.93%), Saturated Fat: 10.26g (64.13%), Carbohydrates: 93.4g (31.13%), Net Carbohydrates: 88.07g (32.03%), Sugar: 6.6g (7.34%), Cholesterol: 45.93mg (15.31%), Sodium: 726.38mg (31.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Selenium: 84.29µg (120.41%), Manganese: 1.73mg (86.4%), Phosphorus: 520.27mg (52.03%), Calcium: 412.78mg (41.28%), Vitamin K: 42.72µg (40.69%), Vitamin A: 1675.08IU (33.5%), Zinc: 4.06mg (27.07%), Magnesium: 107.08mg (26.77%), Copper: 0.48mg (24.14%), Vitamin E: 3.28mg (21.86%), Vitamin C: 17.85mg (21.64%), Fiber: 5.33g (21.32%), Vitamin B12: 1.16µg (19.35%), Potassium: 649.64mg (18.56%), Vitamin B2: 0.29mg (16.91%), Vitamin B6: 0.31mg (15.56%), Folate: 61.05µg (15.26%), Iron: 2.69mg (14.92%), Vitamin B3: 2.83mg (14.14%), Vitamin B1: 0.19mg (12.36%), Vitamin B5: 0.8mg (8.04%), Vitamin D: 0.24µg (1.61%)