



 **21%**
HEALTH SCORE

Pasta with Garlic-Scape Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 large garlic-scapes
- 6 servings salt and pepper black
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup parmesan finely grated
- 1 pound pasta like spaghetti
- 0.3 cup pistachios unsalted

Equipment

- food processor

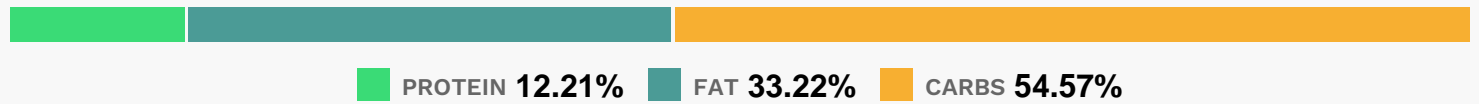
whisk

pot

Directions

- Make the pesto: Puree the garlic scapes, pistachios, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until very finely chopped. With the motor running, slowly pour the oil through the opening. Season the pesto with salt and pepper to taste. (The pesto keeps in the fridge, covered, for 1 week or frozen for a month.)
- In a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta.
- Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:22.74, Inflammation Score:-3, Nutrition Score:12.277391239353%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 481.25kcal (24.06%), Fat: 17.87g (27.5%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 66.06g (22.02%), Net Carbohydrates: 62.44g (22.71%), Sugar: 2.76g (3.06%), Cholesterol: 3.78mg (1.26%), Sodium: 291.81mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Selenium: 49.71µg (71.02%), Manganese: 0.78mg (38.99%), Phosphorus: 213.49mg (21.35%), Copper: 0.31mg (15.43%), Fiber: 3.62g (14.49%), Vitamin E: 1.97mg (13.14%), Calcium: 130.87mg (13.09%), Magnesium: 49.97mg (12.49%), Iron: 1.76mg (9.79%), Vitamin B6: 0.19mg (9.45%), Zinc: 1.38mg (9.19%), Vitamin C: 7.3mg (8.85%), Vitamin K: 8.3µg (7.9%), Vitamin B1: 0.12mg (7.85%), Vitamin B3: 1.39mg (6.97%), Potassium: 242.87mg (6.94%), Vitamin B2: 0.08mg (4.69%), Folate: 17.48µg (4.37%), Vitamin B5: 0.39mg (3.86%), Vitamin A: 61.09IU (1.22%), Vitamin B12: 0.07µg (1.11%)