Pasta with Green Olive Pesto

Vegetarian Vegan Dairy Free

READY IN	SERVINGS	CALORIES
40 min.	4	570 kcal

SIDE DISH LUNCH MAIN COURSE MAIN DISH

Ingredients

- [ ] 0.5 cup basil leaves fresh
- [ ] 0.5 cup parsley leaves fresh
- [ ] 5 garlic cloves peeled
- [ ] 6 ounces kalamata black pitted
- [ ] 0.5 teaspoon kosher salt
- [ ] 0.5 cup olive oil
- [ ] 1 pound pasta like spaghetti
- [ ] 3 ounces niçoise green pitted

Equipment

- [ ] food processor
- [ ] frying pan

Directions

- [ ] Cook the spaghetti al dente, according to the package directions. Reserve 1/2 cup of the pasta water and drain.
- [ ] Meanwhile, in a food processor, combine the garlic, green olives, parsley, and basil. With the motor running, slowly add the olive oil and process until the oil is fully incorporated. Reserve 1/4 cup of the Green Olive Pesto for another use. Roughly chop the black olives and reserve half for another use. In a large skillet, over medium heat, cook the remaining pesto for 2 minutes.
- [ ] Add the spaghetti, reserved pasta water, remaining black olives, and salt and cook until the water is absorbed and the spaghetti is heated through.

Nutrition Facts

PROTEIN **11.18%** FAT **26.68%** CARBS **62.14%**

Properties

Glycemic Index:43.5, Glycemic Load:34.48, Inflammation Score:-8, Nutrition Score:21.631739201753%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 569.91kcal (28.5%), Fat: 16.97g (26.11%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 88.92g (29.64%), Net Carbohydrates: 82.81g (30.11%), Sugar: 3.48g (3.87%), Cholesterol: 0mg (0%), Sodium: 1297.62mg (56.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32%), Vitamin K: 139.77µg (133.12%), Selenium: 72.79µg (103.99%), Manganese: 1.15mg (57.49%), Fiber: 6.11g (24.43%), Phosphorus: 228.64mg (22.86%), Vitamin E: 3.42mg (22.77%), Copper: 0.44mg (21.92%), Vitamin A: 1041.07IU (20.82%), Magnesium: 73.73mg (18.43%), Vitamin C: 11.69mg (14.16%), Iron: 2.44mg (13.57%), Vitamin B6: 0.24mg (11.93%), Zinc: 1.77mg (11.82%), Vitamin B3: 2.23mg

(11.15%), Potassium: 345.22mg (9.86%), Folate: 35.88µg (8.97%), Vitamin B1: 0.13mg (8.69%), Calcium: 79.66mg (7.97%), Vitamin B5: 0.56mg (5.62%), Vitamin B2: 0.09mg (5.07%)