



 **41%**  
HEALTH SCORE

## Pasta with Pesto, Broccoli, and Potatoes

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound broccoli cut into 2-inch pieces
- 1 pound pasta
- 6 servings parmesan cheese freshly grated
- 1 cup basil pesto
- 0.5 pound potatoes - remove skin peeled

### Equipment

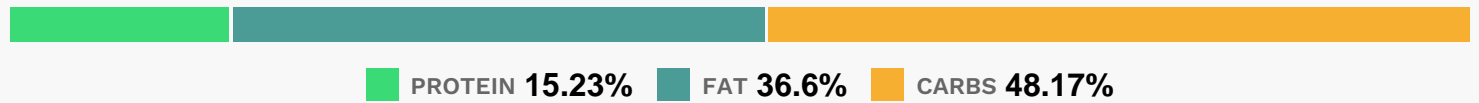
- bowl
- pot

- slotted spoon
- cutting board

## Directions

- Cook potatoes in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer potatoes to cutting board; return water to boil.
- Add broccoli; cook 3 minutes. Using slotted spoon, transfer broccoli to large bowl; return water to boil.
- Add linguine and cook until tender but still firm to bite, stirring occasionally.
- Drain, reserving 1/2 cup cooking water.
- Cut potatoes into small chunks.
- Add potatoes, pasta, and pesto to broccoli and toss, adding reserved cooking water by tablespoonfuls to moisten if necessary. Season with salt and pepper.
- Serve, passing cheese separately.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:23.67, Inflammation Score:-9, Nutrition Score:26.244782551475%

## Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 618.89kcal (30.94%), Fat: 25.17g (38.72%), Saturated Fat: 7.6g (47.53%), Carbohydrates: 74.51g (24.84%), Net Carbohydrates: 68.82g (25.02%), Sugar: 5.13g (5.71%), Cholesterol: 29.41mg (9.8%), Sodium: 947.75mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Selenium: 60.36µg (86.22%), Vitamin C: 70.68mg (85.68%), Vitamin K: 78.79µg (75.04%), Manganese: 0.93mg (46.54%), Phosphorus: 406.03mg (40.6%), Calcium: 386.93mg (38.69%), Vitamin A: 1566.41IU (31.33%), Fiber: 5.69g (22.75%), Magnesium: 74.76mg (18.69%), Zinc: 2.8mg (18.66%), Potassium: 634.66mg (18.13%), Folate: 69.84µg (17.46%), Vitamin B6: 0.33mg (16.41%), Copper: 0.32mg (15.91%), Vitamin B2: 0.25mg (14.65%), Iron: 2.19mg (12.14%), Vitamin B3: 2.23mg (11.13%), Vitamin B1: 0.16mg (10.7%), Vitamin B5: 0.96mg (9.62%), Vitamin B12: 0.41µg (6.75%), Vitamin E: 0.83mg (5.53%)