



Pasta with Pesto My Way

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces cherry tomatoes
- ☐ 1.5 cups ears corn
- ☐ 1.5 cups green beans trimmed halved
- ☐ 1 tablespoon olive oil
- ☐ 0.5 pound potatoes boiling peeled
- ☐ 0.8 pound rotini
- ☐ 2 medium zucchini ()

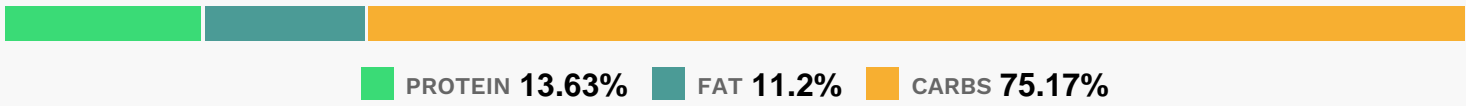
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cut zucchini into thin rounds with slicer. Fit slicer with julienne attachment and cut potatoes into 1/4-inch-thick matchsticks.
- ☐ Start cooking rotini in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) according to package instructions. Six minutes before pasta is done, stir in potatoes and green beans. Two minutes before pasta is done, stir in corn and zucchini.
- ☐ Meanwhile, heat oil in a 12-inch heavy skillet over high heat until it shimmers.
- ☐ Add tomatoes and cook, covered, shaking skillet once or twice, until tomatoes wilt, split, and release some juices, 3 to 5 minutes. Season with salt and scoop into a small bowl.
- ☐ Reserve 1 cup pasta-cooking water, then drain pasta with vegetables.
- ☐ Put pesto in a large bowl and whisk in enough reserved cooking water to thin to a sauce, 1/3 to 1/2 cup.
- ☐ Add pasta mixture and toss to coat. Thin with more cooking water and season with salt if necessary.
- ☐ Serve immediately, with tomatoes and bread crumbs on the side.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:17.77, Inflammation Score:-7, Nutrition Score:16.503043382064%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 318.45kcal (15.92%), Fat: 4.06g (6.25%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 61.35g (20.45%), Net Carbohydrates: 56.37g (20.5%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 28.8mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.25%), Selenium: 36.82µg (52.6%), Manganese: 0.87mg (43.34%), Vitamin C: 33.69mg (40.84%), Potassium: 748.47mg (21.38%), Phosphorus: 213.63mg (21.36%), Fiber: 4.97g (19.9%), Magnesium: 75.52mg (18.88%), Vitamin B6: 0.37mg (18.43%), Vitamin K: 18.89µg (17.99%), Copper: 0.33mg (16.51%), Folate: 64.36µg (16.09%), Vitamin B3: 2.84mg (14.19%), Vitamin B1: 0.21mg (14.01%), Vitamin A: 668.11IU (13.36%), Iron: 2.13mg (11.81%), Vitamin B2: 0.17mg (9.89%), Zinc: 1.45mg (9.64%), Vitamin B5: 0.88mg (8.78%), Vitamin E: 0.94mg (6.24%), Calcium: 43.3mg (4.33%)