



## Pasta with Pistachio Pesto

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 handful mint leaves fresh
- ☐ 2 cloves garlic
- ☐ 2 tablespoons olive oil ()
- ☐ 1 handful parmesan freshly grated
- ☐ 1 pound noodles cooked
- ☐ 1.5 cups pistachios unsalted shelled
- ☐ 1 pinch pepper red crushed
- ☐ 1 cup tomatoes chopped

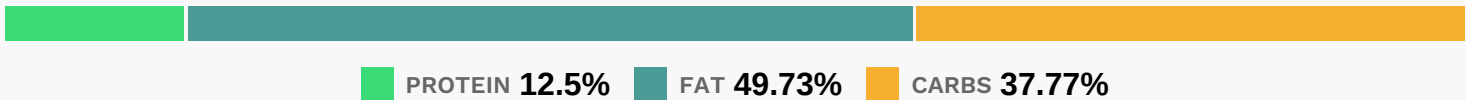
# Equipment

- ☐ food processor
- ☐ bowl

# Directions

- ☐ Pulse 1 1/2 cups unsalted, shelled roasted natural pistachios, 1 cup chopped tomato, 2 garlic cloves, a handful of fresh mint leaves, a handful of grated Parmesan, a pinch of crushed red pepper flakes, and a pinch of freshly ground black pepper in a food processor until a coarse purée forms.
- ☐ Transfer to a bowl; stir in 2 tablespoons olive oil (or more) to form a thick, chunky sauce. Season with kosher salt and pepper. Toss 1 cup pesto with 1 pound freshly cooked pasta, adding pasta cooking liquid by the tablespoonful to form a glossy sauce. Chill remaining pesto to spread on sandwiches.

# Nutrition Facts



# Properties

Glycemic Index:24.19, Glycemic Load:8.97, Inflammation Score:-4, Nutrition Score:9.0295652111425%

# Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

# Nutrients (% of daily need)

Calories: 255.51kcal (12.78%), Fat: 14.58g (22.42%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 21.22g (7.72%), Sugar: 2.58g (2.87%), Cholesterol: 0.09mg (0.03%), Sodium: 4.29mg (0.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Manganese: 0.5mg (25.04%), Selenium: 16.72µg (23.89%), Vitamin B6: 0.45mg (22.26%), Copper: 0.37mg (18.59%), Phosphorus: 152.8mg (15.28%), Vitamin B1: 0.22mg (14.73%), Fiber: 3.68g (14.73%), Magnesium: 40.84mg (10.21%), Iron: 1.74mg (9.68%), Potassium: 311.89mg (8.91%), Vitamin E: 1.17mg (7.83%), Zinc: 0.85mg (5.64%), Vitamin A: 276.91IU (5.54%), Vitamin C: 4.24mg (5.13%), Folate: 19.13µg (4.78%), Vitamin K: 3.63µg (3.45%), Calcium: 34.23mg (3.42%), Vitamin B3: 0.65mg (3.26%), Vitamin B2: 0.05mg (3.21%), Vitamin B5: 0.21mg (2.07%)