



Pasta with Three-Herb Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups basil fresh
- 4 garlic clove
- 2 tablespoons olive oil
- 0.3 cup oregano fresh
- 1 tablespoon parmesan fresh grated
- 0.5 cup parsley fresh
- 8 cups noodles mixed hot cooked (such as farfalle, penne, and shells)
- 2 tablespoons pinenuts toasted

0.3 teaspoon salt

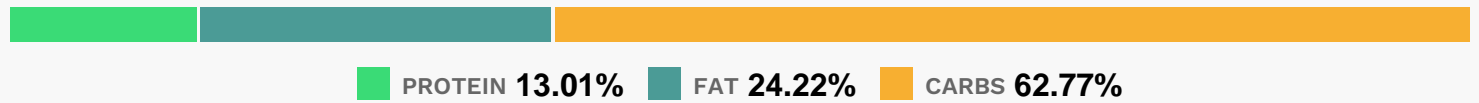
Equipment

food processor

Directions

Place first 7 ingredients in a food processor; process until smooth. With processor on, slowly pour oil through food chute; process until well-blended. Toss with pasta.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:22.44, Inflammation Score:-10, Nutrition Score:16.920000043171%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 327.33kcal (16.37%), Fat: 8.83g (13.59%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 47.29g (17.2%), Sugar: 1.18g (1.32%), Cholesterol: 0.57mg (0.19%), Sodium: 116.09mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.35%), Vitamin K: 148.89µg (141.8%), Selenium: 41.99µg (59.98%), Manganese: 1.08mg (53.86%), Vitamin A: 1095.88IU (21.92%), Iron: 3.68mg (20.47%), Fiber: 4.19g (16.77%), Copper: 0.27mg (13.66%), Magnesium: 53.02mg (13.25%), Phosphorus: 131.46mg (13.15%), Vitamin C: 9.51mg (11.52%), Vitamin E: 1.58mg (10.53%), Calcium: 85.17mg (8.52%), Zinc: 1.26mg (8.43%), Folate: 32.72µg (8.18%), Vitamin B6: 0.15mg (7.47%), Potassium: 185.99mg (5.31%), Vitamin B3: 1.06mg (5.28%), Vitamin B2: 0.07mg (4.03%), Vitamin B1: 0.06mg (3.98%), Vitamin B5: 0.27mg (2.65%)