



Pasta with Unpestoed Pesto

READY IN



20 min.

SERVINGS



4

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch basil leaves fresh roughly chopped
- ☐ 5 garlic cloves peeled
- ☐ 1 pound pasta
- ☐ 1 cup olive oil
- ☐ 4 ounces parmesan grated
- ☐ 4 ounces pecorino whole
- ☐ 0.5 cup pinenuts

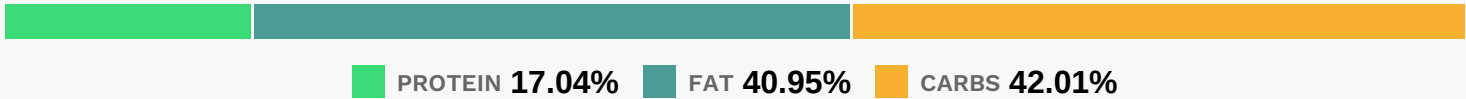
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ peeler

Directions

- ☐ Bring a large pot of salted water to the boil and then add the linguine. While the pasta is cooking, pour the olive oil into a large frying pan and throw in some peeled cloves of garlic. Cook over gentle heat until the garlic starts to turn light brown and its scent wafts upward.
- ☐ Remove the cloves from the pan and take the pan off the heat. Roughly chop or shred a mound of basil leaves, set aside. In a second dry frying pan, toast a handful or so of pine nuts. When the pasta is ready, drain it, toss it in the garlic-infused olive oil, and then transfer to a warm bowl. Grate over some Parmesan, then, using a vegetable peeler, shave in some pecorino and sprinkle with the toasted pine nuts. Toss well, throw over all but a small handful of the basil leaves, and turn again. Grate a little more cheese over and sprinkle with the remaining shredded basil leaves.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:34.93, Inflammation Score:-7, Nutrition Score:27.067825965259%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 856.64kcal (42.83%), Fat: 39.05g (60.07%), Saturated Fat: 12.14g (75.87%), Carbohydrates: 90.12g (30.04%), Net Carbohydrates: 85.76g (31.18%), Sugar: 4.11g (4.57%), Cholesterol: 48.76mg (16.25%), Sodium: 802.43mg (34.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Manganese: 2.62mg (131.11%), Selenium: 82.81µg (118.31%), Phosphorus: 730.41mg (73.04%), Calcium: 674.25mg (67.42%), Magnesium: 128.77mg (32.19%), Copper: 0.59mg (29.35%), Zinc: 4.26mg (28.39%), Vitamin K: 25.18µg (23.98%), Vitamin E: 3.4mg (22.67%), Vitamin B2: 0.31mg (18.29%), Fiber: 4.36g (17.46%), Iron: 3.05mg (16.92%), Vitamin B3: 2.81mg

(14.06%), Vitamin B6: 0.28mg (13.82%), Vitamin B1: 0.19mg (12.88%), Potassium: 425.13mg (12.15%), Vitamin B12: 0.66µg (10.96%), Vitamin A: 449.79IU (9%), Vitamin B5: 0.82mg (8.17%), Folate: 31.59µg (7.9%), Vitamin C: 1.66mg (2.02%), Vitamin D: 0.28µg (1.89%)