



Pasta with Yogurt Pesto

READY IN



15 min.

SERVINGS



4

CALORIES



675 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups basil fresh packed
- 1 pound rotini pasta
- 1 clove garlic coarsely chopped
- 0.5 cup yogurt plain low-fat
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 cup parmesan grated
- 0.3 cup walnut pieces
- 4 servings salt and pepper

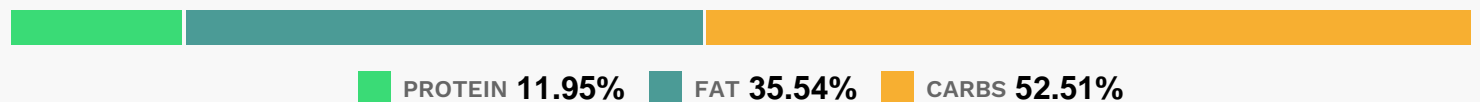
Equipment

- food processor
- bowl
- pot
- blender

Directions

- Combine garlic, basil and nuts in bowl of a food processor or a blender and process until finely chopped, scraping down sides of bowl once or twice. With motor running, add olive oil in a slow, steady stream. Scrape mixture into a small bowl and stir in cheese and yogurt. Season with salt. Cover with plastic and refrigerate for up to 3 days, until ready to use.
- Bring a large pot of salted water to a boil and cook pasta until al dente. Reserve 1/2 cup cooking liquid.
- Drain pasta and return to pot. Toss with pesto. If pasta looks too dry, add reserved cooking liquid, 1 Tbsp. at a time, to moisten. Season with salt and pepper to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:34.35, Inflammation Score:-7, Nutrition Score:21.225217423361%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 675.32kcal (33.77%), Fat: 26.65g (41%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 88.6g (29.53%), Net Carbohydrates: 84.27g (30.64%), Sugar: 5.47g (6.08%), Cholesterol: 6.09mg (2.03%), Sodium: 323.27mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.33%), Selenium: 74.59µg (106.55%),

Manganese: 1.44mg (72.14%), Vitamin K: 61.13µg (58.22%), Phosphorus: 334.97mg (33.5%), Copper: 0.5mg (24.93%), Magnesium: 87.48mg (21.87%), Vitamin E: 2.89mg (19.25%), Calcium: 183.92mg (18.39%), Fiber: 4.33g (17.31%), Zinc: 2.38mg (15.84%), Vitamin A: 698.96IU (13.98%), Iron: 2.26mg (12.55%), Vitamin B6: 0.25mg (12.44%), Potassium: 401.17mg (11.46%), Vitamin B3: 2.17mg (10.88%), Vitamin B2: 0.18mg (10.31%), Vitamin B1: 0.15mg (9.9%), Folate: 39.57µg (9.89%), Vitamin B5: 0.77mg (7.69%), Vitamin B12: 0.25µg (4.11%), Vitamin C: 2.73mg (3.31%)