



WHATSheATE



Penne in Creamy Basil-Walnut Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups basil loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup skim milk fat-free
- ☐ 1 garlic clove peeled
- ☐ 2 tablespoons pecorino cheese fresh grated
- ☐ 1 pound penne pasta uncooked
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup walnut pieces coarsely chopped

☐ 1 ounce sandwich bread white

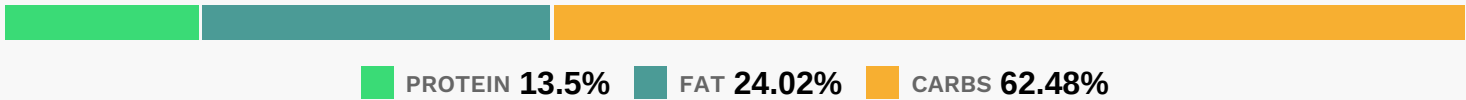
Equipment

- ☐ food processor
- ☐ bowl
- ☐ colander

Directions

- ☐ Trim crusts from bread.
- ☐ Place bread in a shallow dish; pour milk over bread.
- ☐ Let stand 5 minutes.
- ☐ Place bread mixture in a food processor; add basil and next 6 ingredients (basil through garlic). Set aside without processing.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl, reserving 3 tablespoons cooking liquid.
- ☐ Place pasta in a large bowl.
- ☐ Add reserved cooking liquid to basil mixture in food processor, and process until smooth.
- ☐ Add the pesto to pasta; toss well to coat.
- ☐ Sprinkle with parsley, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.84, Glycemic Load:24.95, Inflammation Score:-6, Nutrition Score:14.826956583106%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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: 393.81kcal (19.69%), Fat: 10.52g (16.19%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 61.6g (20.53%), Net Carbohydrates: 58.26g (21.19%), Sugar: 3.6g (4%), Cholesterol: 2.35mg (0.78%), Sodium: 346.79mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.62%), Selenium: 50.1µg (71.57%), Manganese: 1.17mg (58.33%), Vitamin K: 35.13µg (33.46%), Phosphorus: 221.84mg (22.18%), Copper: 0.41mg (20.7%), Magnesium: 65.28mg (16.32%), Fiber: 3.34g (13.36%), Zinc: 1.62mg (10.77%), Vitamin B6: 0.2mg (9.81%), Iron: 1.72mg (9.58%), Calcium: 95.72mg (9.57%), Vitamin A: 473.06IU (9.46%), Vitamin B1: 0.14mg (9.41%), Vitamin B3: 1.72mg (8.61%), Folate: 34.4µg (8.6%), Potassium: 279.44mg (7.98%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.51mg (5.08%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.14µg (2.28%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.23µg (1.55%)