



 **58%**  
HEALTH SCORE

## Penne with Arugula and Walnut Pesto

READY IN



27 min.

SERVINGS



6

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 12 ounces arugula
- 0.3 pound green beans fresh cut into thirds
- 2 cloves cracked garlic
- 0.5 cup olive oil extra-virgin
- 0.5 cup parmigiano-reggiano grated
- 1 pound penne rigate (with lines) pasta
- 6 servings salt and pepper
- 0.5 cup walnut pieces or toasted
- 0.3 teaspoon ground grated

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- pot
- stove
- colander

## Directions

- In a small saucepan over medium heat cook garlic in oil 5 minutes, then remove pan from stove top. Fill the food processor with arugula, loosely packed.
- Add walnuts and 1/2 of the warm oil and both cloves of garlic to the arugula in the processor.
- Add nutmeg, salt and pepper to the processor bowl, set lid in place and pulse grind the mixture into a thick paste.
- Add any remaining arugula to the processor and grind into the paste by pulsing the processor again.
- Transfer arugula paste to a large pasta bowl. Stir in the remaining oil and the cheese. Taste pesto sauce and adjust seasonings.
- While cooking penne to package directions for al dente, watch the time. After about 6 minutes, add green beans to the pasta pot. The beans will cook along with pasta the last 2 or 3 minutes.
- Drain pasta and beans together in a colander then transfer hot pasta and beans to the pasta bowl with the pesto in the bottom. Toss pasta and beans with pesto for 2 to 3 minutes to combine and evenly coat the pasta and beans with the pesto sauce.
- Serve immediately.

## Nutrition Facts



**PROTEIN 14.91%** **FAT 28.2%** **CARBS 56.89%**

## Properties

Glycemic Index:44.5, Glycemic Load:23.88, Inflammation Score:-9, Nutrition Score:21.241739321014%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.9mg, Kaempferol: 19.9mg, Kaempferol: 19.9mg, Kaempferol: 19.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

## Nutrients (% of daily need)

Calories: 432.64kcal (21.63%), Fat: 13.72g (21.1%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 57.55g (20.93%), Sugar: 4.36g (4.84%), Cholesterol: 5.67mg (1.89%), Sodium: 349.1mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Selenium: 50.6µg (72.28%), Vitamin K: 75.3µg (71.72%), Manganese: 1.28mg (64.19%), Vitamin A: 1586.55IU (31.73%), Phosphorus: 275.22mg (27.52%), Magnesium: 92.49mg (23.12%), Calcium: 226.26mg (22.63%), Copper: 0.44mg (22.03%), Folate: 87.15µg (21.79%), Fiber: 4.7g (18.79%), Vitamin C: 12.02mg (14.57%), Potassium: 486.02mg (13.89%), Iron: 2.46mg (13.69%), Zinc: 1.94mg (12.91%), Vitamin B6: 0.26mg (12.84%), Vitamin B1: 0.15mg (10.16%), Vitamin B2: 0.16mg (9.63%), Vitamin B3: 1.78mg (8.91%), Vitamin B5: 0.73mg (7.3%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.1µg (1.67%)