



Penne With Arugula Pesto

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups arugula trimmed
- 2 large garlic cloves minced
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil
- 1 ounce parmesan cheese fresh grated
- 5 cups penne pasta) hot (tubular-shaped cooked
- 2 tablespoons pinenuts toasted
- 0.1 teaspoon salt
- 2 tablespoons water

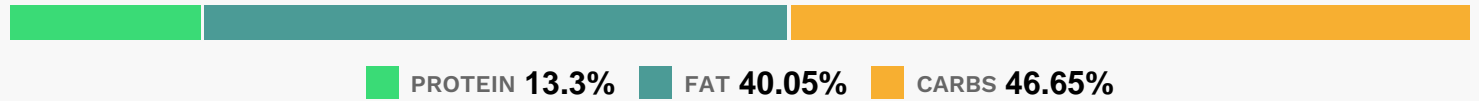
Equipment

- food processor
- bowl
- ziploc bags

Directions

- Drop toasted pine nuts and garlic cloves through food chute with food processor on, and process until minced.
- Add arugula, Parmesan cheese, water, lemon juice, and salt to food processor, and process until finely minced. With food processor on, slowly pour olive oil through food chute, and process until well-blended.
- Combine pesto with pasta in a large bowl, and toss well.
- Note: Pesto can be prepared ahead of time and stored in a zip-top plastic bag in refrigerator for up to a week.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:10.2, Inflammation Score:-4, Nutrition Score:7.3069565646026%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 199.32kcal (9.97%), Fat: 8.92g (13.73%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 21.74g (7.91%), Sugar: 0.88g (0.98%), Cholesterol: 3.21mg (1.07%), Sodium: 129.05mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Manganese: 0.58mg (29.11%), Selenium: 19.97µg (28.53%), Vitamin K: 19.24µg (18.32%), Phosphorus: 101.64mg (10.16%), Calcium: 84.9mg (8.49%), Iron: 1.37mg

(7.61%), Magnesium: 29.86mg (7.47%), Vitamin E: 1.1mg (7.31%), Vitamin A: 354.46IU (7.09%), Fiber: 1.64g (6.55%), Copper: 0.13mg (6.53%), Zinc: 0.78mg (5.21%), Folate: 19.72µg (4.93%), Vitamin C: 2.98mg (3.62%), Vitamin B6: 0.06mg (3.25%), Potassium: 110.4mg (3.15%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.49mg (2.46%), Vitamin B1: 0.04mg (2.43%), Vitamin B5: 0.18mg (1.78%)