



Penne with Pea Pesto

READY IN



20 min.

SERVINGS



6

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large garlic clove
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan grated for serving
- ☐ 10 ounce peas frozen
- ☐ 1 pound penne pasta
- ☐ 2 ounce pinenuts

Equipment

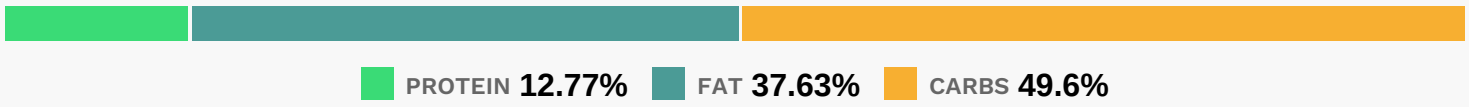
- ☐ food processor

- ☐ pot
- ☐ stove
- ☐ microwave
- ☐ colander

Directions

- ☐ Cook peas on the stove or in a microwave according to package directions, then drain well.
- ☐ With food processor running, drop in garlic and finely chop. Turn off motor and add peas, nuts, cheese, 1/2 teaspoon salt, and 1/2 teaspoon pepper, then process until finely chopped. With motor running, add oil, blending until incorporated.
- ☐ Meanwhile, cook pasta in a large pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander.
- ☐ Toss pasta with pea pesto and thin as desired with reserved cooking water. Season with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:24.68, Inflammation Score:-6, Nutrition Score:19.499565151723%

Flavonoids

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

Nutrients (% of daily need)

Calories: 522.58kcal (26.13%), Fat: 21.95g (33.77%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 65.09g (21.7%), Net Carbohydrates: 59.61g (21.68%), Sugar: 5.11g (5.68%), Cholesterol: 5.67mg (1.89%), Sodium: 141mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.51%), Manganese: 1.74mg (86.86%), Selenium: 50.71µg (72.45%), Phosphorus: 307.61mg (30.76%), Vitamin C: 19.29mg (23.38%), Vitamin K: 24.27µg (23.11%), Fiber: 5.48g (21.93%), Copper: 0.43mg (21.6%), Magnesium: 83.3mg (20.82%), Vitamin E: 2.77mg (18.49%), Zinc: 2.5mg (16.68%), Vitamin B1: 0.23mg (15.56%), Vitamin B3: 2.72mg (13.59%), Iron: 2.35mg (13.07%), Calcium: 129.8mg (12.98%), Folate: 48.15µg (12.04%), Vitamin B6: 0.22mg (10.8%), Potassium: 352.09mg (10.06%), Vitamin B2: 0.16mg

(9.29%), Vitamin A: 429.37IU (8.59%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.1µg (1.67%)