



 **91%**  
HEALTH SCORE

## Penne with Sun-Dried Tomato Pesto

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup basil leaves fresh packed ()
- 2 garlic cloves
- 0.5 cup parmesan freshly grated
- 12 ounces penne pasta
- 4 servings salt and pepper black freshly ground
- 8.5 ounce sun-dried tomatoes packed in olive oil

### Equipment

- food processor

bowl

pot

## Directions

Watch how to make this recipe.

Cook the pasta in a large pot of boiling salted water until tender but still firm to the bite, stirring occasionally, about 8 minutes.

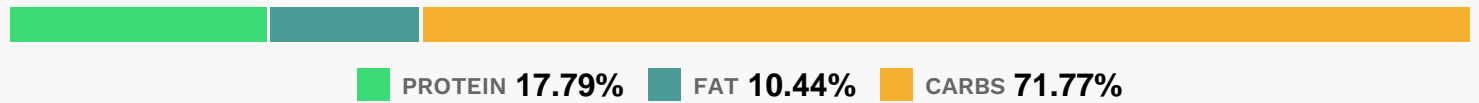
Drain, reserving 1 cup of the cooking liquid.

Meanwhile, blend the sun-dried tomatoes and their oil, garlic, salt and pepper, to taste, and basil in a food processor and blend until the tomatoes are finely chopped.

Transfer the tomato mixture to a large bowl. Stir in the Parmesan.

Add the pasta to the pesto and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:57.75, Glycemic Load:33.7, Inflammation Score:-8, Nutrition Score:32.975652094768%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 523.82kcal (26.19%), Fat: 6.35g (9.77%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 98.24g (32.75%), Net Carbohydrates: 87.96g (31.99%), Sugar: 25.06g (27.84%), Cholesterol: 8.5mg (2.83%), Sodium: 270.33mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Manganese: 2mg (100.06%), Selenium: 60.11µg (85.87%), Potassium: 2292.53mg (65.5%), Copper: 1.13mg (56.71%), Vitamin K: 51.29µg (48.85%), Phosphorus: 467.77mg (46.78%), Magnesium: 171.83mg (42.96%), Fiber: 10.28g (41.14%), Iron: 6.91mg (38.39%), Vitamin B3: 7mg (34.99%), Vitamin C: 25.16mg (30.5%), Vitamin B1: 0.4mg (26.98%), Calcium: 245.91mg (24.59%), Vitamin B2: 0.39mg (23.15%), Vitamin A: 941.33IU (18.83%), Zinc: 2.81mg (18.73%), Vitamin B6: 0.36mg (18.02%), Vitamin B5: 1.7mg (17.03%), Folate: 61.29µg (15.32%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.18mg (1.18%)