



Penne with Tofu-Basil Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 cups penne pasta hot tube-shaped cooked uncooked (8 ounces pasta)
- ☐ 2.5 cups cremini mushrooms sliced
- ☐ 1 cup basil leaves fresh
- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 6 ounces silken tofu firm reduced-fat

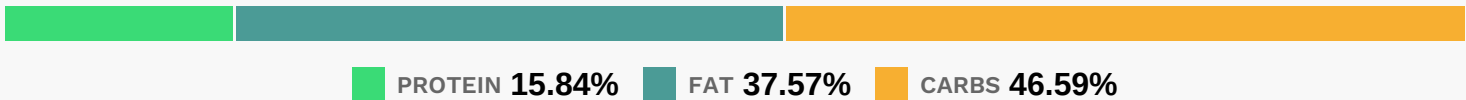
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine first 8 ingredients in a food processor or blender, and process until smooth.
- ☐ Place pesto in a small nonstick skillet; cook over low heat until warm.
- ☐ Remove from heat; keep warm.
- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the mushrooms and shallots, and saut 4 minutes.
- ☐ Combine penne, pesto, and mushroom mixture in a large bowl; toss gently.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:12.79, Inflammation Score:-5, Nutrition Score:13.046956458817%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 281.51kcal (14.08%), Fat: 11.9g (18.3%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30.68g (11.16%), Sugar: 3.24g (3.6%), Cholesterol: 4.82mg (1.61%), Sodium: 266.99mg (11.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Selenium: 36.06µg (51.51%), Vitamin K: 30.38µg (28.93%), Manganese: 0.5mg (24.84%), Copper: 0.44mg (22.16%), Phosphorus: 193.23mg (19.32%), Vitamin B2: 0.29mg (16.94%), Calcium: 130.32mg (13.03%), Iron: 2.13mg (11.84%), Potassium: 403.32mg (11.52%), Vitamin B3: 2.3mg (11.48%), Magnesium: 42.81mg (10.7%), Fiber: 2.51g (10.05%), Zinc: 1.47mg (9.79%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.88mg (8.76%), Vitamin E: 1.29mg (8.61%), Vitamin B1: 0.12mg (7.97%), Vitamin A: 374.33IU (7.49%), Folate: 28.37µg (7.09%), Vitamin C: 5.4mg (6.54%), Vitamin B12: 0.13µg (2.17%)