



WHATSheATE



Penne with Tomato Pesto and Smoked Mozzarella



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds
- ☐ 2 cups parsley fresh loosely packed
- ☐ 2 cloves garlic roughly chopped
- ☐ 0.3 pound mozzarella cheese smoked diced
- ☐ 2 tablespoons olive oil
- ☐ 12 sun-dried olives
- ☐ 0.5 pound penne pasta whole-wheat

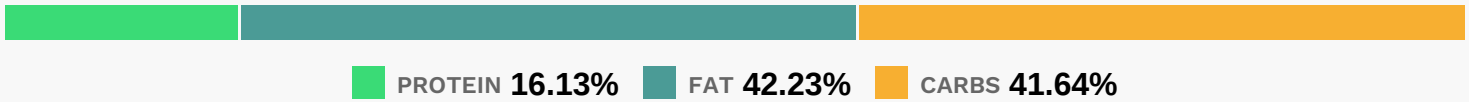
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small pan over medium heat, toast almonds until golden brown, 5 minutes. In a food processor, pulse almonds, parsley, tomatoes, garlic and oil until slightly chunky.
- ☐ Pour into a bowl; season with salt and freshly ground black pepper.
- ☐ Add mozzarella; toss to combine. Cook pasta as directed on package; drain and toss immediately with pesto.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:19.680434745291%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg, Myricetin: 4.48mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 416.57kcal (20.83%), Fat: 19.64g (30.21%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 36.6g (13.31%), Sugar: 4.4g (4.89%), Cholesterol: 22.4mg (7.47%), Sodium: 201.46mg (8.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.75%), Vitamin K: 499.47µg (475.69%), Vitamin A:

2771.51IU (55.43%), Vitamin C: 42.72mg (51.78%), Fiber: 6.96g (27.84%), Vitamin E: 3.58mg (23.84%), Calcium: 217.99mg (21.8%), Manganese: 0.4mg (19.83%), Phosphorus: 184.4mg (18.44%), Iron: 2.93mg (16.26%), Vitamin B2: 0.24mg (14.27%), Magnesium: 56.82mg (14.2%), Folate: 55.64µg (13.91%), Potassium: 465.14mg (13.29%), Copper: 0.23mg (11.48%), Vitamin B12: 0.65µg (10.77%), Zinc: 1.56mg (10.43%), Selenium: 5.76µg (8.23%), Vitamin B3: 1.3mg (6.5%), Vitamin B1: 0.09mg (5.82%), Vitamin B6: 0.09mg (4.41%), Vitamin B5: 0.34mg (3.36%)