



Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 teaspoons butter softened
- ☐ 4 cups basil leaves fresh
- ☐ 2 garlic cloves peeled
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 8 ounces penne pasta uncooked
- ☐ 2 tablespoons pinenuts
- ☐ 2 tablespoons romano cheese fresh grated
- ☐ 0.3 teaspoon salt

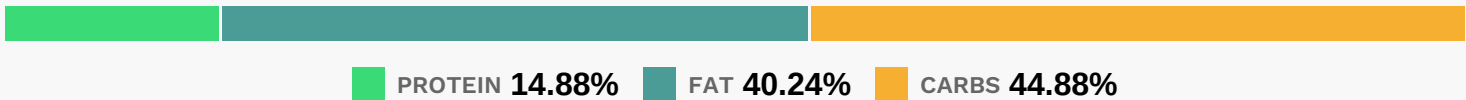
Equipment

- ☐ food processor
- ☐ bowl
- ☐ colander

Directions

- ☐ Combine the first 5 ingredients in a food processor; process until finely minced.
- ☐ Place in a large bowl. Stir in cheeses and butter until blended.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain in a colander over a bowl, reserving 3 tablespoons cooking liquid.
- ☐ Add pasta and reserved cooking liquid to pesto, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:17.48, Inflammation Score:-8, Nutrition Score:18.928260795448%

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 396.8kcal (19.84%), Fat: 17.8g (27.38%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 42.26g (15.37%), Sugar: 1.91g (2.13%), Cholesterol: 17.61mg (5.87%), Sodium: 423.35mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.63%), Vitamin K: 107.06µg (101.96%), Manganese: 1.26mg (63.22%), Selenium: 39.73µg (56.76%), Vitamin A: 1451.14IU (29.02%), Phosphorus: 269.62mg (26.96%), Calcium: 253.09mg (25.31%), Copper: 0.33mg (16.61%), Magnesium: 65.65mg (16.41%), Vitamin E: 1.83mg (12.17%), Zinc: 1.79mg (11.94%), Iron: 1.98mg (10.98%), Fiber: 2.41g (9.66%), Vitamin B6: 0.16mg (7.81%), Folate: 29.51µg (7.38%), Vitamin B3: 1.45mg (7.26%), Vitamin B2: 0.12mg (7.2%), Potassium: 248.99mg (7.11%), Vitamin C: 4.83mg (5.85%), Vitamin B1: 0.09mg (5.8%), Vitamin B5: 0.4mg (3.97%), Vitamin B12: 0.2µg (3.37%)