



Pesto Gemelli

READY IN



18 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 ounces gemelli uncooked (small pasta twists)
- ☐ 1.5 tablespoons parmesan cheese freshly grated
- ☐ 0.3 teaspoon cracked pepper
- ☐ 2 tablespoons pesto
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup evaporated skimmed milk divided

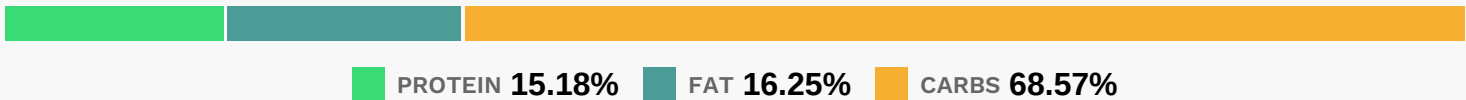
Equipment

☐ sauce pan

Directions

- ☐ Combine flour and 1/4 cup milk in a small saucepan, stirring until smooth. Gradually add remaining milk and wine. Cook over medium heat, stirring constantly, until thickened and bubbly.
- ☐ Add pesto, salt, and pepper, stirring well.
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Add pesto mixture; toss well.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:15.66, Inflammation Score:-4, Nutrition Score:7.4856522705244%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 236.57kcal (11.83%), Fat: 4.02g (6.18%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.55g (13.29%), Sugar: 3.85g (4.28%), Cholesterol: 3.61mg (1.2%), Sodium: 270.52mg (11.76%), Alcohol: 1.54g (100%), Alcohol %: 1.67% (100%), Protein: 8.45g (16.89%), Selenium: 29.74µg (42.49%), Manganese: 0.45mg (22.62%), Phosphorus: 148.36mg (14.84%), Calcium: 100.77mg (10.08%), Magnesium: 31.25mg (7.81%), Vitamin B2: 0.11mg (6.66%), Copper: 0.13mg (6.62%), Fiber: 1.61g (6.45%), Vitamin B1: 0.09mg (6.32%), Zinc: 0.93mg (6.22%), Potassium: 191.35mg (5.47%), Vitamin A: 261.82IU (5.24%), Vitamin B3: 1.02mg (5.09%), Vitamin B6: 0.1mg (4.9%), Vitamin B12: 0.29µg (4.86%), Iron: 0.83mg (4.63%), Folate: 15.72µg (3.93%), Vitamin B5: 0.38mg (3.78%), Vitamin D: 0.51µg (3.43%)