



HEALTH SCORE

93%

Pesto Linguine With Lemon



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



594 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula trimmed
- ☐ 1 medium julienne-cut bell pepper red
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup cooking wine dry white
- ☐ 0.8 cup basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 6 ounces oyster mushroom caps diced

- ☐ 1 tablespoon lemon zest
- ☐ 16 ounces pasta uncooked
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 4 tablespoons pinenuts toasted
- ☐ 6 servings sun-dried tomato pesto
- ☐ 1 cup sun-dried tomatoes packed chopped
- ☐ 2 cups tomatoes chopped
- ☐ 6 servings vegetable medley

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine pesto ingredients (through olive oil) in a blender or food processor until smooth.
- ☐ Cook pasta according to package directions, omitting salt and fat. While the pasta cooks, prepare the vegetable medley.
- ☐ Heat oil in a large saut pan over medium heat.
- ☐ Add garlic and onion; saut 2–3 minutes, or until onion is translucent.
- ☐ Add mushrooms and pepper; continue cooking for 4 minutes, stirring frequently.
- ☐ Add basil, arugula, wine, and tomatoes; continue cooking 4–5 minutes.
- ☐ Combine pesto with vegetable medley; then combine pesto-vegetable mixture with linguine.
- ☐ Divide pasta evenly among 6 plates.

Nutrition Facts



 PROTEIN **13.04%**  FAT **25.16%**  CARBS **61.8%**

Properties

Glycemic Index:61, Glycemic Load:30.39, Inflammation Score:-10, Nutrition Score:34.958695427231%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 594.41kcal (29.72%), Fat: 16.44g (25.3%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 90.88g (30.29%), Net Carbohydrates: 79.15g (28.78%), Sugar: 14.28g (15.87%), Cholesterol: 1.2mg (0.4%), Sodium: 309.69mg (13.46%), Alcohol: 4.12g (100%), Alcohol %: 1.34% (100%), Protein: 19.18g (38.36%), Vitamin A: 6401.86IU (128.04%), Manganese: 2.12mg (105.81%), Selenium: 50.3µg (71.86%), Vitamin C: 54.32mg (65.84%), Fiber: 11.73g (46.91%), Vitamin K: 46.58µg (44.36%), Potassium: 1423.17mg (40.66%), Copper: 0.79mg (39.71%), Phosphorus: 372.77mg (37.28%), Magnesium: 141.65mg (35.41%), Vitamin B3: 6.45mg (32.24%), Iron: 5.28mg (29.31%), Vitamin B1: 0.38mg (25.62%), Folate: 98.85µg (24.71%), Vitamin B6: 0.46mg (23.05%), Vitamin B2: 0.38mg (22.33%), Zinc: 2.8mg (18.66%), Vitamin E: 2.71mg (18.06%), Vitamin B5: 1.45mg (14.54%), Calcium: 121.82mg (12.18%), Vitamin D: 0.2µg (1.32%)