



Pesto Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups basil fresh packed
- ☐ 1 cup parsley fresh packed
- ☐ 3 garlic cloves chopped
- ☐ 1 pound gemelli
- ☐ 2 pints grape tomatoes halved
- ☐ 1 cup percent greek yogurt plain
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 teaspoon salt

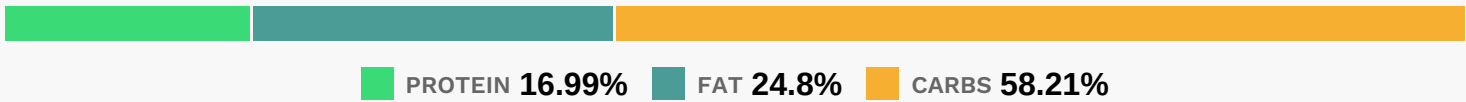
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Make pesto: In a food processor puree basil, parsley, garlic, lemon juice, salt, pepper and pine nuts until smooth. With motor running, add olive oil and process until a thick paste forms.
- ☐ Add Parmesan and pulse twice. Season with more salt and pepper, if desired.
- ☐ Make salad: Cook pasta according to package directions until al dente.
- ☐ Drain and run under cold water to stop cooking.
- ☐ In a large bowl, combine pesto and Greek yogurt and stir until well blended.
- ☐ Add cold pasta and toss to coat with dressing. Top with tomatoes.
- ☐ Serve salad at room temperature or cover and refrigerate to serve chilled.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:22.156522044021%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 340.14kcal (17.01%), Fat: 9.48g (14.58%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 46.16g (16.79%), Sugar: 5.84g (6.49%), Cholesterol: 5.5mg (1.83%), Sodium: 268.73mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.21%), Vitamin K: 174.64µg (166.32%), Manganese: 1.3mg (64.8%), Selenium: 39.95µg (57.08%), Vitamin A: 2143.94IU (42.88%), Vitamin C: 28.92mg (35.06%), Phosphorus: 256.63mg (25.66%), Copper: 0.36mg (18.23%), Magnesium: 72.7mg (18.17%), Potassium: 556.81mg (15.91%), Calcium: 155.21mg (15.52%), Fiber: 3.88g (15.51%), Folate: 49.99µg (12.5%), Iron: 2.23mg (12.39%), Zinc: 1.84mg (12.24%), Vitamin B6: 0.24mg (11.89%), Vitamin E: 1.76mg (11.76%), Vitamin B3: 2.17mg (10.86%), Vitamin B2: 0.18mg (10.36%), Vitamin B1: 0.14mg (9.03%), Vitamin B5: 0.54mg (5.37%), Vitamin B12: 0.25µg (4.17%)