



WHATSheATE



Pesto Pasta Salad



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups fusili pasta uncooked for wheat-free version (use rice pasta)
- ☐ 1 cup basil pesto fresh
- ☐ 2 tablespoons olive tapenade green chopped
- ☐ 0.3 cup pinenuts
- ☐ 1 cup peas fresh frozen canned (or if you can get them)
- ☐ 12 ounces cherry tomatoes halved
- ☐ 6 servings several basil leaves fresh coarsely chopped
- ☐ 1 tablespoon olive oil extra virgin

☐ 6 servings salt and pepper

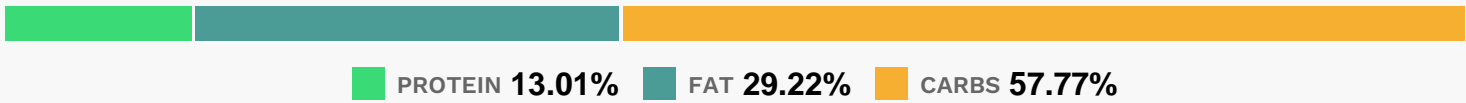
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pasta: Cook pasta according to instructions on the package. Make sure the water is salted (one and a half teaspoons per quart).
- ☐ Remove pasta from heat and strain when pasta is cooked, but still firm (al dente).
- ☐ Toast pine nuts: While the pasta is cooking, toast the pine nuts in a small pan over medium-high heat. Keep an eye on them because pine nuts can go from lovely and toasty to acrid and burnt in seconds.
- ☐ When most of the nuts have a blush of golden brown on them, move them to a cool bowl to rest. They will burn if you leave them in the pan.
- ☐ Mix pasta with pesto, pine nuts, olives, tomatoes, basil, olive oil: Put pasta in a big bowl.
- ☐ Mix in fresh basil pesto, green olives, and pine nuts. Gently mix in cherry tomatoes, peas, fresh basil leaves and olive oil. Salt and pepper to taste.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.72, Glycemic Load:12.98, Inflammation Score:-7, Nutrition Score:14.298695709394%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 250.66kcal (12.53%), Fat: 8.26g (12.72%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.34g (12.12%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 204.07mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.56%), Manganese: 1.25mg (62.75%), Selenium: 26.07µg (37.24%), Vitamin K: 37.97µg (36.16%), Vitamin C: 23.73mg (28.77%), Phosphorus: 164.06mg (16.41%), Copper: 0.32mg (16.15%), Vitamin A: 780.81IU (15.62%), Magnesium: 56.95mg (14.24%), Fiber: 3.43g (13.71%), Iron: 1.88mg (10.45%), Vitamin B1: 0.15mg (10%), Zinc: 1.48mg (9.84%), Vitamin E: 1.48mg (9.84%), Potassium: 334.31mg (9.55%), Vitamin B3: 1.87mg (9.35%), Folate: 36.91µg (9.23%), Vitamin B6: 0.16mg (7.94%), Vitamin B2: 0.09mg (5.29%), Calcium: 32.64mg (3.26%), Vitamin B5: 0.31mg (3.07%)