



HEALTH SCORE

82%

## Pesto Primavera



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

CONDIMENT

DIP

SPREAD

SAUCE

## Ingredients

- ☐ 1 cup carrots sliced
- ☐ 1 cup tomatoes dried cut into fourths
- ☐ 16 ounce pasta
- ☐ 0.3 cup ruth's pesto
- ☐ 8 servings pinenuts
- ☐ 1 bell pepper red cut into thin strips
- ☐ 3 quarts water
- ☐ 2 baby squash yellow cut into thin strips

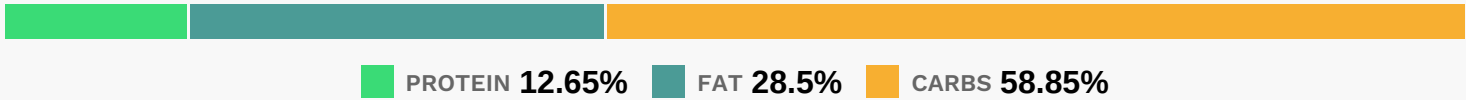
# Equipment

☐ dutch oven

# Directions

- ☐ Bring water to a boil in a large Dutch oven; add carrot, tomato fourths, and linguine, and cook 8 minutes.
- ☐ Add squash and bell pepper; cook 2 minutes.
- ☐ Drain well, and stir in 1/3 cup Ruth's Pesto.
- ☐ Sprinkle with pine nuts, and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:22.85, Glycemic Load:19.86, Inflammation Score:-10, Nutrition Score:22.37130447056%

# Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

# Nutrients (% of daily need)

Calories: 371.39kcal (18.57%), Fat: 12.1g (18.61%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 50.88g (18.5%), Sugar: 9.83g (10.93%), Cholesterol: 0.83mg (0.28%), Sodium: 145.29mg (6.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.17%), Manganese: 1.78mg (88.96%), Vitamin A: 3568.09IU (71.36%), Selenium: 36.79µg (52.56%), Vitamin C: 33.78mg (40.95%), Copper: 0.58mg (29.13%), Potassium: 868.73mg (24.82%), Magnesium: 97.41mg (24.35%), Phosphorus: 241.7mg (24.17%), Fiber: 5.34g (21.36%), Iron: 2.88mg (16.02%), Vitamin B3: 3.19mg (15.94%), Vitamin B6: 0.31mg (15.39%), Vitamin K: 15.67µg (14.92%), Vitamin B1: 0.2mg (13.48%), Zinc: 1.97mg (13.14%), Vitamin B2: 0.22mg (12.67%), Folate: 47.05µg (11.76%), Vitamin E: 1.4mg (9.31%), Vitamin B5: 0.73mg (7.29%), Calcium: 69.59mg (6.96%)