



Pesto Primavera Pasta

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 cup almonds sliced
- ☐ 1 bunch broccoli cut into small florets
- ☐ 1.5 cups chickpeas rinsed drained (15-ounce can, and)
- ☐ 2 cups basil fresh packed
- ☐ 2 cloves garlic
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons nutritional yeast
- ☐ 16 ounces rotini pasta gluten-free whole wheat (may be)

- ☐ 1 teaspoon salt to taste (or)
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounce silken tofu
- ☐ 1 large tomatoes diced
- ☐ 1 medium zucchini halved lengthwise sliced into 1/4-inch slices

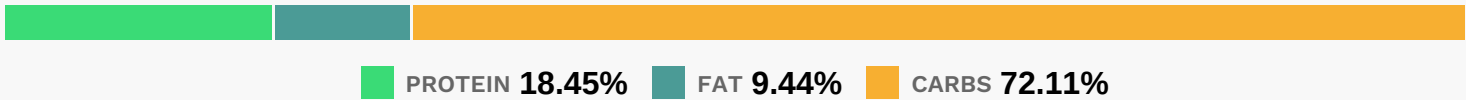
Equipment

- ☐ food processor
- ☐ bowl
- ☐ colander

Directions

- ☐ Add the broccoli and cook for 4 more minutes.
- ☐ Add the zucchini and cook for another minute or until pasta is al dente.
- ☐ Remove from heat and drain in a colander over the sink. Spray with cold water and transfer to a large serving bowl. While the pasta is cooking, make the sauce. Grind the almonds, garlic, and nutritional yeast in a food processor until coarsely chopped.
- ☐ Add the basil, lemon juice, and silken tofu and process until smooth.
- ☐ Add salt to taste and process to combine. Gently stir the sauce into the pasta and vegetables.
- ☐ Add the chickpeas, diced tomato and salt and pepper to taste.
- ☐ Serve immediately or chilled, garnished with additional almonds.

Nutrition Facts



Properties

Glycemic Index:32.84, Glycemic Load:20.01, Inflammation Score:-8, Nutrition Score:25.35956519583%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.24%), Fat: 3.47g (5.34%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 52.23g (18.99%), Sugar: 5.89g (6.55%), Cholesterol: 0mg (0%), Sodium: 519.66mg (22.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Vitamin K: 106.57µg (101.5%), Vitamin C: 77.49mg (93.93%), Manganese: 1.18mg (59.06%), Selenium: 39.11µg (55.87%), Folate: 125.25µg (31.31%), Fiber: 7.43g (29.72%), Phosphorus: 248.46mg (24.85%), Copper: 0.42mg (21.02%), Vitamin A: 1036.95IU (20.74%), Magnesium: 81.85mg (20.46%), Potassium: 682.35mg (19.5%), Vitamin B6: 0.34mg (16.89%), Iron: 2.88mg (16%), Zinc: 1.91mg (12.75%), Vitamin B1: 0.19mg (12.54%), Vitamin B2: 0.2mg (11.77%), Vitamin B3: 2.03mg (10.17%), Calcium: 91.7mg (9.17%), Vitamin E: 1.33mg (8.89%), Vitamin B5: 0.86mg (8.63%)