



Pesto & tomato pasta with crispy crumbs

READY IN



50 min.

SERVINGS



5

CALORIES



545 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 190 g basil pesto
- ☐ 140 g breadcrumbs fresh white stale
- ☐ 25 g butter
- ☐ 3 garlic clove crushed finely chopped
- ☐ 4 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 4 tbsp parmesan grated
- ☐ 50 g pinenuts roughly chopped
- ☐ 2 tsp sugar

☐ 800 g canned tomatoes chopped canned

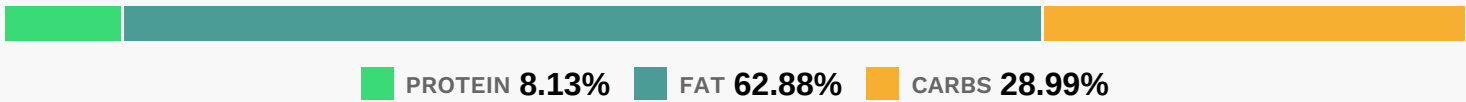
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Gently cook the onion and half thegarlic in 2 tbsp olive oil for 10 mins untilsoft. Stir in the tomatoes and sugar andsimmer for 15–20 mins until saucy. Stir inhalf the pesto, some seasoning and a fewcapers or olives, if you have them. Coverand keep warm.While the sauce is simmering, heatoven to 220C/200C fan/gas
- ☐ Toss thecrumbs in a large baking tray with theremaining 2 tbsp olive oil, the rest of thegarlic, the pine nuts and Parmesan, ifSimple yet specialstorecupboard supperusing.
- ☐ Bake for 10 mins, stirring a fewtimes, until golden. Dot over the butterand return to the oven for 2 mins more.Meanwhile, bring a pan of salted waterto the boil and cook the pasta.
- ☐ Drain,reserving a little cooking water. Stirthrough the sauce with a splash ofcooking water to loosen, if you need to,ripple through the remaining pesto andserve scattered with golden crumbs.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:5.11, Inflammation Score:-8, Nutrition Score:19.801304521768%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 544.65kcal (27.23%), Fat: 39.16g (60.24%), Saturated Fat: 8.11g (50.66%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 34.93g (12.7%), Sugar: 13.01g (14.46%), Cholesterol: 16.51mg (5.5%), Sodium: 869.32mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.77%), Manganese: 1.49mg (74.48%), Vitamin E: 4.7mg (31.33%), Vitamin B1: 0.44mg (29.51%), Copper: 0.51mg (25.58%), Vitamin A: 1269.77IU (25.4%), Iron: 4.38mg (24.33%), Fiber: 5.69g (22.76%), Calcium: 225.43mg (22.54%), Vitamin K: 23µg (21.9%), Vitamin B3: 4.3mg (21.51%), Vitamin C: 16.99mg (20.59%), Phosphorus: 192.99mg (19.3%), Magnesium: 73.65mg (18.41%), Potassium: 627.74mg (17.94%), Vitamin B6: 0.34mg (16.79%), Folate: 58.82µg (14.71%), Vitamin B2: 0.24mg (14.23%), Selenium: 9.41µg (13.45%), Zinc: 1.66mg (11.04%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.15µg (2.58%)