



Pesto Trapanese with Fettucine

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



610 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 15 large basil leaves
- ☐ 3 cups cherry tomatoes
- ☐ 2 clove garlic cloves peeled roughly chopped
- ☐ 0.5 kosher salt plus more for the pasta water to taste
- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 pound pasta like spaghetti
- ☐ 0.5 cup almonds whole lightly toasted

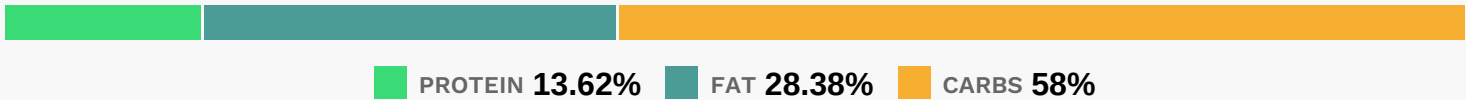
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, combine 2 tablespoons olive oil, tomatoes, garlic, basil, almonds, and red pepper flakes. Pulse the machine 10 or 12 times. The resulting pesto should be a consistent texture, quite grainy but not too chunky and not too wet.Scrape the the pesto in a serving bowl and stir, adding the remaining olive oil a little at a time. You may not need all of the olive oil depending on your tomatoes. Once the desired consistency is achieved add the grated cheese. Season to taste with salt and pepper. Set the sauce aside so that the flavors will have a chance to meld. In the meantime, bring 6 quarts water to a rolling boil and add 2 additional tablespoons salt.
- ☐ Add the pasta and cook according to the package direction, until cooked, but still al dente.
- ☐ Drain well.
- ☐ Add the pasta to the pesto filled serving bowl and toss to combine. You may garnish with additional cheese and olive oil after the pasta has been plated.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:34.23, Inflammation Score:-8, Nutrition Score:25.649130406587%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 610.08kcal (30.5%), Fat: 19.53g (30.05%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 89.82g (29.94%), Net Carbohydrates: 82.92g (30.15%), Sugar: 5.73g (6.37%), Cholesterol: 95.25mg (31.75%), Sodium: 40.81mg (1.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Selenium: 90.92µg (129.88%), Manganese: 1.54mg (77.09%), Vitamin E: 6.51mg (43.38%), Phosphorus: 394.44mg (39.44%), Vitamin C: 26.22mg (31.78%), Magnesium: 125.8mg (31.45%), Copper: 0.62mg (30.87%), Fiber: 6.9g (27.61%), Iron: 3.72mg (20.69%), Vitamin B2: 0.34mg (19.74%), Zinc: 2.93mg (19.54%), Vitamin B6: 0.38mg (19.19%), Potassium: 666.7mg (19.05%), Vitamin B3: 3.68mg (18.38%), Vitamin B1: 0.27mg (18.25%), Vitamin A: 770.33IU (15.41%), Folate: 56.41µg (14.1%), Vitamin K: 13.46µg (12.82%), Vitamin B5: 1.28mg (12.76%), Calcium: 106.31mg (10.63%), Vitamin B12: 0.33µg (5.48%), Vitamin D: 0.34µg (2.27%)