



Pesto & Yogurt Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb pasta like spaghetti your favorite (use pasta or spaghetti)
- 1.5 cups flat parsley
- 3 cloves garlic
- 0.3 cup yogurt (plain with greek yogurt) low-fat
- 0.3 cup nuts mixed
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 4 servings salt and pepper

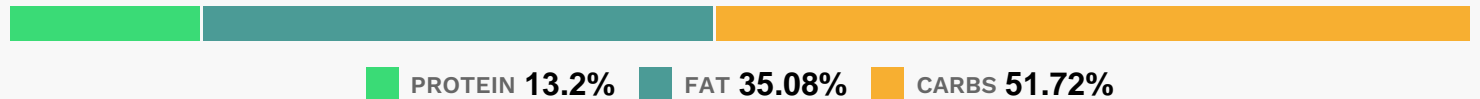
Equipment

- food processor
- bowl
- pot

Directions

- In a food processor, blend parsley, garlic, nuts and oil until smooth.
- Mix in yogurt and cheese. Season with salt and pepper. Cook pasta in a large pot of boiling water, stirring occasionally until al dente. Toss pasta and pesto sauce together in a large bowl.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:17.88, Inflammation Score:-9, Nutrition Score:19.638260869565%

Flavonoids

Apigenin: 48.48mg, Apigenin: 48.48mg, Apigenin: 48.48mg, Apigenin: 48.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Taste

Sweetness: 34.17%, Saltiness: 36.89%, Sourness: 57.11%, Bitterness: 31.53%, Savoriness: 58.03%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 373.11kcal (18.66%), Fat: 14.66g (22.56%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 45.23g (16.45%), Sugar: 2.81g (3.12%), Cholesterol: 6.36mg (2.12%), Sodium: 331.49mg (14.41%), Protein: 12.42g (24.83%), Vitamin K: 373.45µg (355.66%), Selenium: 38.87µg (55.53%), Vitamin A: 1958.82IU (39.18%), Manganese: 0.77mg (38.72%), Vitamin C: 30.79mg (37.32%), Phosphorus: 224.48mg (22.45%), Magnesium: 66.91mg (16.73%), Copper: 0.32mg (16.19%), Iron: 2.58mg (14.36%), Calcium: 136.79mg (13.68%), Fiber: 3.41g (13.66%), Folate: 51.03µg (12.76%), Zinc: 1.82mg (12.1%), Potassium: 361.28mg (10.32%), Vitamin B3: 1.72mg (8.6%), Vitamin E: 1.28mg (8.52%), Vitamin B6: 0.17mg (8.39%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.1mg (6.75%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.17µg (2.84%)