



Red Pepper Pesto Pasta

READY IN



20 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bunches basil leaves fresh
- 1 cup olive oil
- 0.8 cup parmesan cheese grated
- 1 pound penne pasta
- 1 cup roasted pepper red
- 6 servings salt and pepper to taste

Equipment

- food processor

bowl

pot

Directions

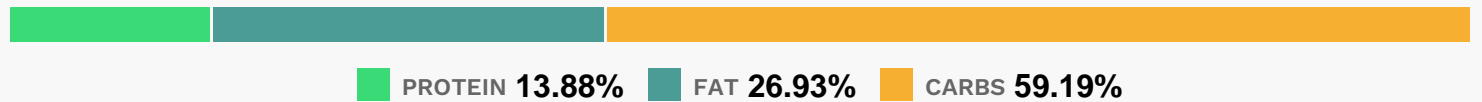
Bring a large pot with lightly-salted water to a boil. Stir the penne into the water and return to a boil. Cook until the pasta is mostly tender but still firm to the bite, about 11 minutes; drain.

Transfer the drained pasta to a large bowl.

Place the basil, red pepper, and Parmesan cheese in the bowl of a food processor; stream the olive oil into the mixture as it blends until smooth. Season with salt and pepper.

Drizzle the sauce over the cooked pasta and toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:22.71, Inflammation Score:-5, Nutrition Score:12.796521784171%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 401.56kcal (20.08%), Fat: 11.93g (18.35%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 56.24g (20.45%), Sugar: 2.04g (2.26%), Cholesterol: 10.88mg (3.63%), Sodium: 736.76mg (32.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.66%), Selenium: 52.23µg (74.62%), Manganese: 0.77mg (38.62%), Phosphorus: 228.29mg (22.83%), Vitamin K: 15.69µg (14.94%), Calcium: 140.85mg (14.09%), Vitamin C: 11.33mg (13.73%), Copper: 0.26mg (13.21%), Magnesium: 48.72mg (12.18%), Zinc: 1.67mg (11.14%), Fiber: 2.74g (10.97%), Vitamin B6: 0.16mg (8.16%), Vitamin E: 1.21mg (8.03%), Iron: 1.35mg (7.51%), Vitamin A: 370.13IU (7.4%), Vitamin B3: 1.45mg (7.24%), Potassium: 233.63mg (6.68%), Vitamin B2: 0.1mg (5.74%), Vitamin B1: 0.08mg (5.21%), Folate: 19.9µg (4.98%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.17µg (2.81%)