



Red Whole Wheat Penne

READY IN



45 min.

SERVINGS



4

CALORIES



1518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup arugula chopped
- ☐ 0.3 cup basil chopped
- ☐ 0.5 cup blanched almonds and whole
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons harissa
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 teaspoon salt

- ☐ 0.3 cup shallots thinly sliced 1 large
- ☐ 6 cups penne pasta whole wheat hot tube-shaped cooked uncooked 12 ounces pasta
- ☐ 1 pound yukon gold potatoes peeled 2

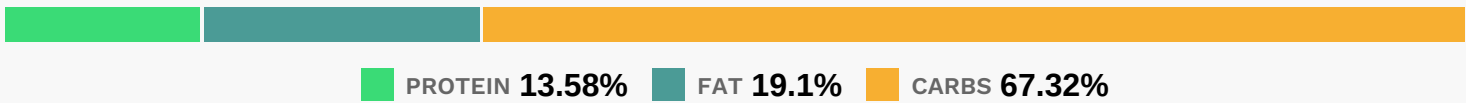
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain potatoes in a colander over a bowl, reserving 1 1/2 cups liquid. Cool potatoes slightly, and cut into 1/2-inch pieces.
- ☐ Heat 1 tablespoon oil in a small skillet over low heat.
- ☐ Add almonds, shallots, and garlic to pan; cook 8 minutes or until the almonds are golden, stirring often.
- ☐ Remove from heat; cool.
- ☐ Place almond mixture in a food processor; add remaining 3 tablespoons oil, juice, cheese, harissa, and salt; process 1 minute or until well blended and almost smooth. With the processor on, slowly pour 1 1/2 cups reserved cooking liquid through food chute; process 1 minute or until smooth.
- ☐ Combine pasta, potatoes, and almond mixture in a large bowl, tossing gently. Fold in arugula; sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:68.19, Glycemic Load:15.29, Inflammation Score:-5, Nutrition Score:17.123043550745%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 1517.74kcal (75.89%), Fat: 31.43g (48.35%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 249.15g (83.05%), Net Carbohydrates: 218.78g (79.56%), Sugar: 11.67g (12.97%), Cholesterol: 1.7mg (0.57%), Sodium: 734.54mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.25g (100.51%), Fiber: 30.37g (121.47%), Vitamin E: 5.86mg (39.09%), Vitamin C: 31.55mg (38.24%), Manganese: 0.55mg (27.68%), Vitamin B6: 0.45mg (22.33%), Potassium: 690.83mg (19.74%), Magnesium: 75.91mg (18.98%), Vitamin K: 18.45µg (17.57%), Phosphorus: 174.92mg (17.49%), Copper: 0.32mg (16.03%), Iron: 1.84mg (10.22%), Vitamin B2: 0.17mg (10%), Vitamin B3: 1.94mg (9.7%), Vitamin B1: 0.14mg (9.66%), Calcium: 95.83mg (9.58%), Folate: 37µg (9.25%), Zinc: 0.98mg (6.52%), Vitamin B5: 0.48mg (4.76%), Vitamin A: 184.32IU (3.69%), Selenium: 1.9µg (2.72%)