



WHATSheATE



Rigatoni with Basil Pesto

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil fresh
- ☐ 2 cloves garlic
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 oz rigatoni uncooked
- ☐ 0.5 teaspoon soup noodles (for cooking pasta)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons walnut pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ blender
- ☐ kitchen towels
- ☐ spatula
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Fill a 4-quart Dutch oven about half full of water.
- ☐ Add 1/2 teaspoon salt if desired. Cover with lid; heat over high heat until the water is boiling rapidly.
- ☐ Add the pasta.
- ☐ Heat to boiling again. Boil uncovered 14 to 16 minutes, stirring frequently, until tender but not mushy. While the water is heating and the pasta is cooking, continue with the recipe to make the pesto.
- ☐ To measure basil, firmly pack basil leaves into a measuring cup. Use a measuring cup for measuring dry ingredients. Rinse the basil leaves with cool water, and pat dry thoroughly with a paper towel or clean, dry kitchen towel. Peel the garlic cloves.
- ☐ In a food processor or blender, place the basil leaves, garlic, cheese, oil and pine nuts. Cover and process, stopping occasionally to scrape sides with rubber spatula, until smooth.
- ☐ Place a strainer or colander in the sink.
- ☐ Pour the pasta in the strainer to drain, and place in a large serving bowl or back in the Dutch oven. Immediately pour the pesto over the hot pasta, and toss until pasta is well coated.
- ☐ Serve with additional grated Parmesan cheese if desired.

Nutrition Facts



 PROTEIN **9.84%**  FAT **49.71%**  CARBS **40.45%**

Properties

Glycemic Index:51, Glycemic Load:17.46, Inflammation Score:-5, Nutrition Score:12.609130378651%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 444.63kcal (22.23%), Fat: 24.67g (37.96%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 42.87g (15.59%), Sugar: 1.7g (1.89%), Cholesterol: 7.25mg (2.42%), Sodium: 149.87mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.97%), Selenium: 39.62µg (56.59%), Vitamin K: 58.67µg (55.87%), Manganese: 0.8mg (39.87%), Phosphorus: 184.11mg (18.41%), Copper: 0.28mg (13.8%), Magnesium: 45.41mg (11.35%), Vitamin E: 1.68mg (11.17%), Calcium: 103.94mg (10.39%), Zinc: 1.39mg (9.26%), Fiber: 2.3g (9.19%), Vitamin A: 389.72IU (7.79%), Vitamin B6: 0.14mg (7.14%), Iron: 1.15mg (6.37%), Vitamin B3: 1.1mg (5.51%), Potassium: 188.91mg (5.4%), Vitamin B1: 0.08mg (5.06%), Folate: 19.84µg (4.96%), Vitamin B2: 0.08mg (4.52%), Vitamin B5: 0.32mg (3.24%), Vitamin C: 1.61mg (1.96%), Vitamin B12: 0.11µg (1.88%)