



## Rigatoni with Green Olive-Almond Pesto and Asiago Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup almonds toasted sliced
- 2 ounces asiago cheese grated
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup parsley fresh
- 1 large garlic clove
- 6 ounces manzanilla olives green pitted (or )
- 1 pound rigatoni uncooked

- 2 tablespoons water
- 1 teaspoon citrus champagne vinegar

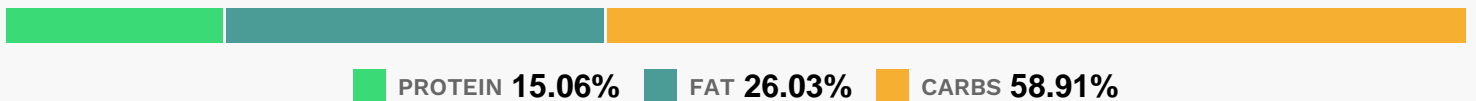
## Equipment

- food processor
- bowl

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta, reserving 6 tablespoons cooking liquid.
- Place olives, sliced almonds, flat-leaf parsley leaves, black pepper, and garlic in a food processor; pulse 3 times or until coarsely chopped. With processor on, add 2 tablespoons water and 1 teaspoon vinegar through the food chute, processing until mixture is finely chopped.
- Combine pasta, 1/4 cup reserved cooking liquid, and olive mixture in a large bowl; toss well.
- Add enough of remaining 2 tablespoons cooking liquid to make pasta mixture moist, tossing well to coat.
- Sprinkle with cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:22.95, Inflammation Score:-7, Nutrition Score:17.712608718354%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.2mg

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 405.92kcal (20.3%), Fat: 11.79g (18.14%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 60.04g (20.01%), Net Carbohydrates: 55.53g (20.19%), Sugar: 2.63g (2.92%), Cholesterol: 6.43mg (2.14%), Sodium: 601.47mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin K: 82.78µg (78.84%), Selenium: 50.55µg (72.22%), Manganese: 0.9mg (44.88%), Phosphorus: 250.34mg (25.03%), Vitamin E: 3.19mg (21.24%), Fiber: 4.51g (18.04%), Magnesium: 70.89mg (17.72%), Copper: 0.35mg (17.27%), Calcium: 171.5mg (17.15%), Vitamin A: 606.99IU (12.14%), Zinc: 1.64mg (10.92%), Vitamin B2: 0.17mg (10.1%), Iron: 1.81mg (10.08%), Vitamin B3: 1.73mg (8.63%), Vitamin C: 6.81mg (8.25%), Potassium: 276.52mg (7.9%), Vitamin B6: 0.15mg (7.31%), Vitamin B1: 0.1mg (6.59%), Folate: 26.12µg (6.53%), Vitamin B5: 0.44mg (4.35%), Vitamin B12: 0.11µg (1.89%)