



Roasted chestnut & herb pesto pasta with mushrooms

♡ Popular

READY IN



25 min.

SERVINGS



6

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g honey cooked
- ☐ 1 handful basil
- ☐ 50 g parmesan grated
- ☐ 2 garlic clove
- ☐ 150 ml canola oil
- ☐ 500 g soup noodles dried
- ☐ 1 tbsp olive oil

☐ 250 g pack chestnut mushroom quartered

Equipment

☐ food processor

☐ frying pan

Directions

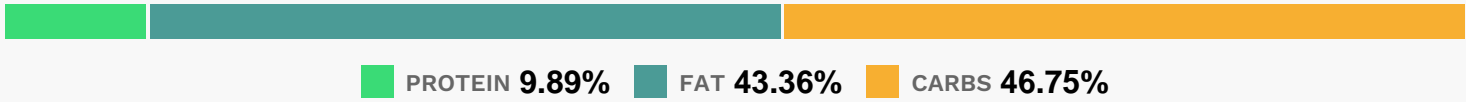
☐ Put the chestnuts in a food processor and pulse until roughly chopped. Throw in the herbs, Parmesan and garlic, then pulse again until chopped (not too finely).

☐ Pour in the rapeseed oil, mix together and season to taste.

☐ Cook the pasta in plenty of boiling salted water, according to pack instructions. Meanwhile, heat the olive oil in a large frying pan and fry the mushrooms with some seasoning for 6–8 mins until tender and starting to brown. When the pasta is cooked, drain it, return to the pan, then stir through the pesto and the mushrooms.

☐ Serve with some extra Parmesan on top, if you like.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:29.16, Inflammation Score:-4, Nutrition Score:17.548260898694%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 615.1kcal (30.76%), Fat: 29.67g (45.65%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 71.99g (24%), Net Carbohydrates: 69.04g (25.11%), Sugar: 3.02g (3.35%), Cholesterol: 5.67mg (1.89%), Sodium: 141.56mg (6.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.47%), Selenium: 65.52µg (93.6%), Manganese: 0.9mg (45.08%), Vitamin E: 4.6mg (30.64%), Phosphorus: 273.38mg (27.34%), Copper: 0.53mg (26.29%), Vitamin K: 19.91µg (18.96%), Vitamin B2: 0.29mg (16.81%), Vitamin B3: 3.22mg (16.08%), Magnesium: 57.05mg (14.26%), Potassium: 465.85mg (13.31%), Zinc: 1.96mg (13.06%), Calcium: 129.26mg (12.93%), Vitamin B6: 0.24mg (12.17%), Fiber: 2.94g (11.77%), Vitamin B5: 1.11mg (11.08%), Vitamin B1: 0.14mg (9.6%), Folate: 35.92µg (8.98%), Vitamin C: 7.07mg (8.57%), Iron: 1.52mg (8.42%), Vitamin B12: 0.14µg (2.36%), Vitamin A: 87.09IU (1.74%)