



HEALTH SCORE

91%

Spaghetti con Pesto alla Siciliana



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



859 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 50 g skinned almonds
- ☐ 4 servings extra virgin olive oil as required
- ☐ 20 basil leaves fresh
- ☐ 4 garlic cloves peeled halved
- ☐ 80 g parmesan freshly grated
- ☐ 4 servings bell pepper to taste
- ☐ 500 g wholewheat spaghetti
- ☐ 150 g sundried tomatoes drained in oil

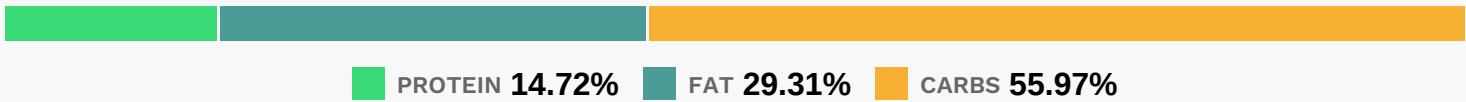
Equipment

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

Directions

- ☐ Place the almonds in a frying pan over a medium heat and toast until golden brown all over. Set aside to cool.
- ☐ Place the basil and sun-dried tomatoes in a food processor with the garlic. As you start to blitz, pour in enough oil to create a smooth paste.
- ☐ Add the almonds and continue to blitz until creamy.
- ☐ Add more oil if necessary.
- ☐ Transfer the mixture to a large bowl and use a fork to fold in the Parmesan Cheese. Season with salt & pepper and set aside.
- ☐ Cook the pasta in a large saucepan with plenty of boiling salted water until al dente.
- ☐ Drain well and tip into the bowl with the pesto.
- ☐ Mix everything together for 30 seconds to allow the pesto to coat the spaghetti.
- ☐ Serve immediately, with a few basil leaves scattered on top.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:43.93, Inflammation Score:-10, Nutrition Score:41.66434785335%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 859.34kcal (42.97%), Fat: 28.66g (44.09%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 123.14g (41.05%), Net Carbohydrates: 111.31g (40.48%), Sugar: 21.31g (23.67%), Cholesterol: 13.6mg (4.53%), Sodium: 372mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.76%), Vitamin C: 111.36mg (134.98%), Selenium: 86.58µg (123.69%), Manganese: 2.28mg (114.23%), Phosphorus: 593.76mg (59.38%), Vitamin A: 2922.44IU (58.45%), Copper: 1.06mg (52.91%), Potassium: 1850.29mg (52.87%), Magnesium: 192.52mg (48.13%), Fiber: 11.83g (47.34%), Vitamin E: 6.6mg (43.98%), Vitamin K: 37.02µg (35.26%), Calcium: 352.25mg (35.22%), Iron: 6.17mg (34.3%), Vitamin B3: 6.79mg (33.97%), Vitamin B2: 0.54mg (31.5%), Vitamin B6: 0.59mg (29.72%), Vitamin B1: 0.39mg (26.06%), Zinc: 3.69mg (24.57%), Folate: 90.62µg (22.66%), Vitamin B5: 1.73mg (17.29%), Vitamin B12: 0.24µg (4%)