



WHATSheATE



## Spaghetti Genovese



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients



300 g baby potatoes sliced



300 g pasta like spaghetti



200 g green bean trimmed cut in half



120 g pesto fresh



4 servings olive oil for drizzling

## Equipment

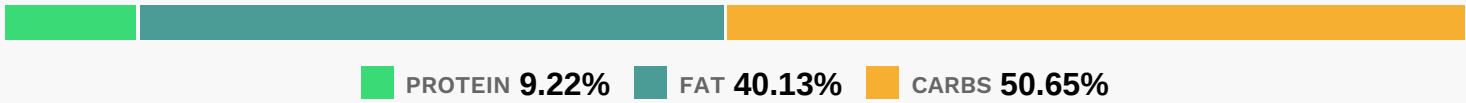


frying pan

# Directions

- ☐ Pour a kettle of boiling water into a very large pan until half full. Return to the boil, then add the potatoes and spaghetti, and a little salt. Cook for 10 minutes until the potatoes and pasta are almost tender. Tip in the green beans and cook for 5 minutes more.
- ☐ Drain well, reserving 4 tbsp of the cooking liquid. Return the potatoes, pasta and beans to the pan, then stir in the fresh pesto and reserved cooking liquid. Season to taste, divide between four serving plates and drizzle with a little olive oil.

## Nutrition Facts



## Properties

Glycemic Index:42.94, Glycemic Load:33.09, Inflammation Score:-7, Nutrition Score:17.270869545315%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 591.36kcal (29.57%), Fat: 26.41g (40.63%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 74.99g (25%), Net Carbohydrates: 69.11g (25.13%), Sugar: 5.18g (5.75%), Cholesterol: 2.4mg (0.8%), Sodium: 292.78mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Selenium: 47.92µg (68.46%), Manganese: 0.91mg (45.52%), Vitamin K: 31.43µg (29.93%), Vitamin C: 20.88mg (25.3%), Fiber: 5.88g (23.52%), Phosphorus: 203.5mg (20.35%), Vitamin B6: 0.4mg (19.91%), Vitamin A: 951.3IU (19.03%), Magnesium: 69.5mg (17.38%), Potassium: 588.64mg (16.82%), Copper: 0.33mg (16.61%), Vitamin E: 2.31mg (15.41%), Iron: 2.33mg (12.93%), Vitamin B3: 2.43mg (12.16%), Vitamin B1: 0.17mg (11.23%), Folate: 42µg (10.5%), Zinc: 1.39mg (9.3%), Calcium: 91.69mg (9.17%), Vitamin B2: 0.12mg (7.12%), Vitamin B5: 0.66mg (6.58%)