



## Spaghetti with Mint and Parsley Pesto

READY IN



20 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 cup olive oil extra virgin
- 4 garlic cloves
- 0.5 cup grana padano cheese grated
- 1 juice of lemon
- 2 bunches mint leaves
- 2 large bunches parsley
- 1 teaspoon salt
- 1 pound pasta like spaghetti

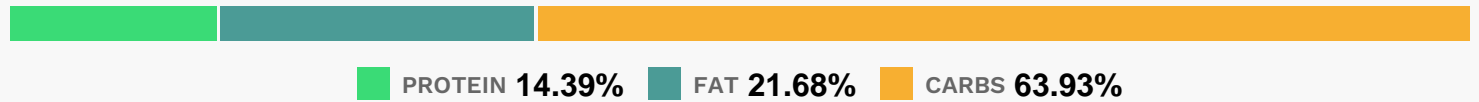
## Equipment

- food processor
- pot
- blender

## Directions

- Blend the ingredients, except the pasta, together in a blender or food processor.
- In a large pot, cook the spaghetti until al dente, drain and toss with the pesto.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:22.95, Inflammation Score:-4, Nutrition Score:10.953043498423%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 366.01kcal (18.3%), Fat: 8.73g (13.43%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 55.35g (20.13%), Sugar: 2.23g (2.48%), Cholesterol: 5.67mg (1.89%), Sodium: 526.71mg (22.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Selenium: 49.94µg (71.35%), Manganese: 0.75mg (37.31%), Phosphorus: 205.34mg (20.53%), Calcium: 122.46mg (12.25%), Copper: 0.23mg (11.66%), Magnesium: 45.78mg (11.44%), Fiber: 2.59g (10.38%), Zinc: 1.34mg (8.93%), Vitamin K: 8.97µg (8.54%), Vitamin B6: 0.14mg (7.2%), Vitamin B3: 1.35mg (6.77%), Iron: 1.21mg (6.73%), Vitamin E: 0.89mg (5.94%), Potassium: 198.99mg (5.69%), Vitamin B1: 0.08mg (5.19%), Vitamin B2: 0.08mg (4.7%), Folate: 17.28µg (4.32%), Vitamin C: 3.43mg (4.15%), Vitamin B5: 0.39mg (3.88%), Vitamin A: 150.28IU (3.01%), Vitamin B12: 0.1µg (1.67%)