



Spaghetti with Parsley Almond Pesto

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup blanched almonds and unsalted
- 1.5 cups lightly flat-leaf parsley with thick stems removed packed
- 1 clove garlic
- 0.3 cup olive oil
- 2 plum tomatoes chopped
- 0.8 teaspoon salt
- 0.8 pound pasta like spaghetti

Equipment

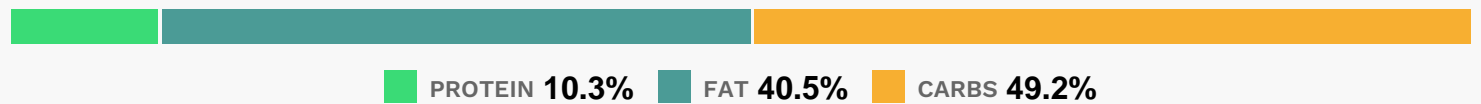
food processor

pot

Directions

- In a food processor, puree the garlic and parsley with the salt. With the machine running, add the olive oil in a thin stream.
- Add the almonds and pulse to chop.
- In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes. Reserve 1/2 cup of the pasta water.
- Drain the spaghetti and toss with 1/4 cup of the reserved pasta water, the pesto, and the tomatoes. If the sauce seems too thick, add more of the reserved pasta water.
- Variations: Spaghetti with Parsley Almond Pesto and Parmesan: Stir 1/4 cup grated Parmesan into the parsley pesto after chopping the almonds.
- Spaghetti with Parsley Pine-Nut Pesto: Use 1/3 cup pine nuts in place of the almonds for a more traditional pesto.
- What Is Pesto?: Traditional pesto is an uncooked sauce from Genoa made with basil, garlic, olive oil, grated cheese, and pine nuts. More recently pesto, which literally means crushed, is being used as a general term to describe many herb-and-nut purees. Feel free to experiment with different herbs, nuts, and grated cheeses, depending on what you like and can get easily.
- Wine Recommendation: With the parsley, olive oil, and almonds, a simple, lively white wine is best. Good examples are a pinot grigio from the Alto Adige and a Vernaccia di San Gimignano from Tuscany.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:26.13, Inflammation Score:-9, Nutrition Score:23.705217278522%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 3.39mg

Myricetin: 3.39mg, Myricetin: 3.39mg, Myricetin: 3.39mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 550.91kcal (27.55%), Fat: 25g (38.46%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 63.45g (23.07%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 457.75mg (19.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Vitamin K: 382.38µg (364.17%), Selenium: 54.21µg (77.45%), Manganese: 1.06mg (52.8%), Vitamin A: 2154.43IU (43.09%), Vitamin C: 34.41mg (41.7%), Vitamin E: 5.5mg (36.64%), Phosphorus: 232.48mg (23.25%), Magnesium: 87.85mg (21.96%), Copper: 0.41mg (20.36%), Fiber: 4.88g (19.53%), Iron: 3.04mg (16.91%), Folate: 59.29µg (14.82%), Potassium: 459.7mg (13.13%), Zinc: 1.81mg (12.08%), Vitamin B3: 2.29mg (11.47%), Vitamin B6: 0.19mg (9.35%), Vitamin B2: 0.15mg (9.05%), Vitamin B1: 0.13mg (8.58%), Calcium: 78.4mg (7.84%), Vitamin B5: 0.52mg (5.21%)