



 **24%**
HEALTH SCORE

Spaghetti with Pistachio Pistou

READY IN



15 min.

SERVINGS



4

CALORIES



844 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons basil finely sliced for garnish
- 0.5 cup smooth almond butter freshly ground (the stuff that you get from the nut butter grinding machines in health food stores works best)
- 1 clove garlic grated
- 2 tablespoons olive oil
- 4 servings parmesan for serving
- 4 servings pepper black
- 4 servings salt
- 1 pound pasta like spaghetti

2 tablespoons butter unsalted room temperature

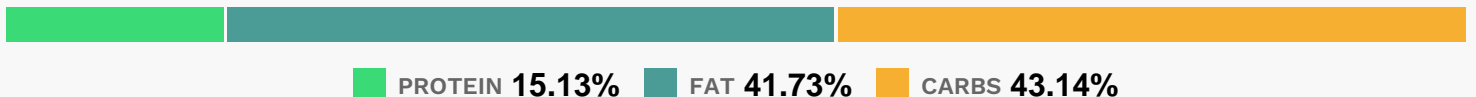
Equipment

- bowl
- whisk
- pot
- tongs
- peeler

Directions

- Cook the pasta in a large pot of boiling salted water.
- In a medium bowl, whisk together the pistachio butter, garlic (if using), salt, pepper, basil, olive oil, and butter, until smooth and completely incorporated.
- When the pasta is al dente, reserve 2 cups of the cooking liquid, and drain the pasta.
- Add 1 cup of the reserved pasta water and the pistachio mixture to the empty pasta pot, on low heat.
- Whisk the pasta cooking water into the pistachio mixture, and when smooth, toss the pasta gently with the sauce with a pair of tongs.
- Add additional pasta water if the sauce is too tight.
- Pour the pasta into a large serving bowl, and use a vegetable peeler to scrape strips of Parmesan cheese over the top.
- Garnish with some whole basil leaves, and serve right away, especially next to roast pork.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:34.39, Inflammation Score:-7, Nutrition Score:26.777826257374%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 843.85kcal (42.19%), Fat: 39.5g (60.76%), Saturated Fat: 11.1g (69.37%), Carbohydrates: 91.86g (30.62%), Net Carbohydrates: 84.96g (30.89%), Sugar: 4.67g (5.19%), Cholesterol: 35.45mg (11.82%), Sodium: 684.48mg (29.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Selenium: 79.35µg (113.36%), Manganese: 1.75mg (87.47%), Vitamin E: 8.94mg (59.58%), Phosphorus: 584.82mg (58.48%), Calcium: 492.89mg (49.29%), Magnesium: 161.63mg (40.41%), Copper: 0.64mg (31.89%), Fiber: 6.9g (27.62%), Vitamin B2: 0.47mg (27.37%), Zinc: 3.48mg (23.18%), Iron: 2.91mg (16.15%), Vitamin B3: 3.01mg (15.07%), Potassium: 523.3mg (14.95%), Vitamin B6: 0.23mg (11.59%), Folate: 40µg (10%), Vitamin A: 462.91IU (9.26%), Vitamin K: 9.65µg (9.19%), Vitamin B1: 0.13mg (8.59%), Vitamin B5: 0.74mg (7.4%), Vitamin B12: 0.37µg (6.2%), Vitamin D: 0.25µg (1.7%)