



## Spaghetti with Ricotta and Pea Pesto

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 leaves mint torn fresh
- ☐ 1 large garlic clove
- ☐ 0.3 cup grana padano cheese grated
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup part-skim ricotta
- ☐ 1 cup peas frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts

- ☐ 5 teaspoons pinenuts  toasted
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound pasta like spaghetti

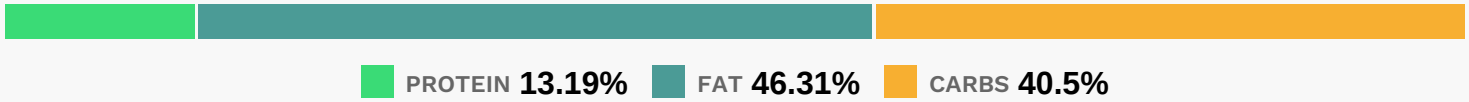
## Equipment

- ☐ food processor
- ☐ bowl

## Directions

- ☐ Cook spaghetti according to package directions until al dente. Meanwhile, in a food processor, combine peas, 1/4 cup pine nuts, Grana Padano cheese, lemon juice, garlic clove, salt, and pepper until chunky. With processor running, add olive oil in a slow stream until smooth. Reserve.
- ☐ Drain spaghetti, but do not rinse. Toss pasta with reserved pesto. Divide pasta among 4 bowls and top each with 2 tablespoons part-skim ricotta, some torn fresh mint leaves, and 1 1/4 teaspoons toasted pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:43.83, Glycemic Load:18.57, Inflammation Score:-6, Nutrition Score:18.416956700709%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 501.97kcal (25.1%), Fat: 26.06g (40.1%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 46.91g (17.06%), Sugar: 4.15g (4.61%), Cholesterol: 13.86mg (4.62%), Sodium: 435.46mg (18.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Manganese: 1.68mg (84.05%), Selenium: 43.27µg (61.81%), Phosphorus: 310.96mg (31.1%), Vitamin K: 23.81µg (22.68%), Vitamin E: 3.11mg (20.76%), Copper: 0.39mg

(19.53%), Magnesium: 77.57mg (19.39%), Vitamin C: 15.31mg (18.56%), Calcium: 183.92mg (18.39%), Fiber: 4.37g (17.48%), Zinc: 2.55mg (17.03%), Vitamin B1: 0.2mg (13.22%), Iron: 2.18mg (12.11%), Vitamin B3: 2.25mg (11.26%), Vitamin B2: 0.19mg (10.96%), Folate: 42.28µg (10.57%), Potassium: 332.57mg (9.5%), Vitamin A: 450.38IU (9.01%), Vitamin B6: 0.17mg (8.73%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.16µg (2.75%)