



 **100%**  
HEALTH SCORE

## Spaghetti with spinach & walnut pesto

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 garlic clove crushed
- 50 g walnuts roughly chopped
- 1 small bunch mint leaves roughly chopped
- 1 small parsley roughly chopped
- 1 lemon zest
- 350 g pasta like spaghetti
- 50 g raisins
- 100 g baby spinach

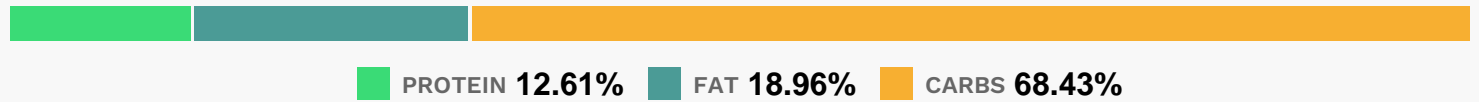
## Equipment

- food processor
- frying pan

## Directions

- Whizz the garlic, walnuts, herbs, lemon zest and juice with some seasoning in a food processor until finely chopped.
- Cook the spaghetti following pack instructions, then drain reserving a little of the cooking water. Return to the pan and stir in the pesto, raisins and spinach with a splash of cooking water.
- Serve with a drizzle of extra virgin olive oil, if you like.

## Nutrition Facts



## Properties

Glycemic Index:53.7, Glycemic Load:31.89, Inflammation Score:-9, Nutrition Score:23.056521851084%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 451.74kcal (22.59%), Fat: 9.66g (14.86%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 78.42g (26.14%), Net Carbohydrates: 73.12g (26.59%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 29.42mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.91%), Vitamin K: 125.29µg (119.32%), Selenium: 56.35µg (80.51%), Manganese: 1.51mg (75.57%), Vitamin A: 2411.11IU (48.22%), Copper: 0.53mg (26.46%), Phosphorus: 232.45mg (23.25%), Magnesium: 90.96mg (22.74%), Fiber: 5.3g (21.2%), Folate: 78.61µg (19.65%), Potassium: 505.36mg (14.44%), Iron: 2.59mg (14.41%), Vitamin B6: 0.28mg (13.85%), Vitamin C: 10.68mg (12.95%), Zinc: 1.8mg (12.01%), Vitamin B1: 0.16mg (10.55%), Vitamin B3: 1.98mg (9.9%), Vitamin B2: 0.15mg (8.6%), Calcium: 65.02mg (6.5%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.7mg (4.65%)