



Spaghetti with Spring Pesto

 Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves
- ☐ 6 cups pasta like spaghetti hot cooked uncooked (1 pound pasta)
- ☐ 0.5 cup ricotta cheese fat-free
- ☐ 1.5 cups parsley fresh
- ☐ 3 garlic cloves
- ☐ 0.3 cup green onions sliced (1-inch)
- ☐ 1.5 tablespoons olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 cup pecan halves
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 cups watercress trimmed (1 bunch)

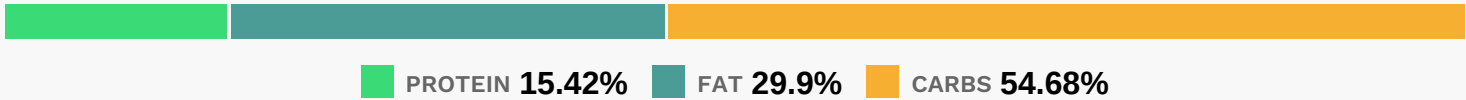
Equipment

- ☐ food processor

Directions

- ☐ Place first 11 ingredients in a food processor, and process the mixture until smooth. With processor on, slowly pour oil through food chute, and process until well-blended.
- ☐ Combine with pasta, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:51.12, Glycemic Load:17.78, Inflammation Score:-9, Nutrition Score:18.626956439537%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 27.71mg, Apigenin: 27.71mg, Apigenin: 27.71mg, Apigenin: 27.71mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 4.73mg, Kaempferol: 4.73mg, Kaempferol: 4.73mg, Kaempferol: 4.73mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 314.48kcal (15.72%), Fat: 10.46g (16.09%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 38.84g (14.13%), Sugar: 2.42g (2.69%), Cholesterol: 5.57mg (1.86%), Sodium: 267.51mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.27%), Vitamin K: 288.34µg (274.61%), Selenium:

33.46µg (47.8%), Manganese: 0.89mg (44.69%), Vitamin A: 2046.71IU (40.93%), Vitamin C: 31.59mg (38.29%),
Fiber: 4.17g (16.7%), Iron: 2.96mg (16.46%), Phosphorus: 153.36mg (15.34%), Calcium: 145.34mg (14.53%), Copper:
0.28mg (14.03%), Magnesium: 49.46mg (12.36%), Folate: 43.69µg (10.92%), Zinc: 1.39mg (9.29%), Vitamin B1:
0.13mg (8.99%), Potassium: 275.56mg (7.87%), Vitamin B6: 0.16mg (7.79%), Vitamin E: 0.97mg (6.48%), Vitamin B2:
0.1mg (6.13%), Vitamin B3: 1.06mg (5.32%), Vitamin B5: 0.36mg (3.56%)