



Spaghetti with Sun-Dried-Tomato-Almond Pesto

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

45

CALORIES

calories

48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup roasted almonds salted
- ☐ 0.5 cup bread crumbs fresh
- ☐ 1 large garlic clove
- ☐ 3 ounces oil-packed sun-dried tomatoes drained
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped
- ☐ 45 servings salt and pepper freshly ground

☐ 12 ounces pasta like spaghetti

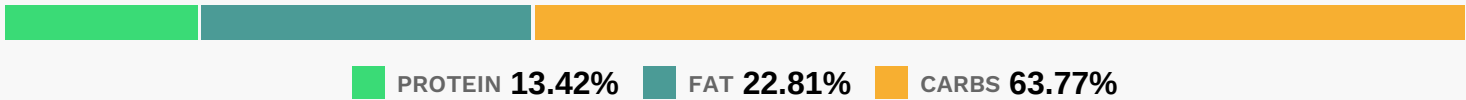
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a food processor, pulse the tomatoes, almonds and garlic.
- ☐ Add 1/4 cup of the oil and puree. Season with salt and pepper.
- ☐ In a skillet, toast the bread crumbs in 2 tablespoons of the oil, stirring, until golden.
- ☐ Transfer the crumbs to a plate; season with salt and pepper.
- ☐ In a large pot of boiling salted water, cook the pasta until al dente.
- ☐ Drain, reserving 1/2 cup of the cooking liquid. In the pot, toss the pasta with the pesto, reserved cooking water and remaining 2 tablespoons of oil until the sauce clings to the pasta.
- ☐ Transfer the pasta to bowls, sprinkle with the bread crumbs and parsley and drizzle with olive oil.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:2.1839130601805%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.2kcal (2.41%), Fat: 1.24g (1.91%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.16g (2.6%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 205.18mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Selenium: 5.24µg (7.48%), Manganese: 0.14mg (7.07%), Vitamin K: 4.11µg (3.91%), Copper: 0.06mg (3.16%), Phosphorus: 28.3mg (2.83%), Magnesium: 11.16mg (2.79%), Fiber: 0.67g (2.67%), Potassium: 93.1mg (2.66%), Vitamin E: 0.35mg (2.34%), Iron: 0.38mg (2.13%), Vitamin B3: 0.42mg (2.1%), Vitamin B1: 0.03mg (2.06%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.2mg (1.32%), Vitamin C: 1mg (1.21%), Folate: 4.67µg (1.17%), Vitamin B6: 0.02mg (1.04%)