



Spinach Pesto Fusilli

 Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces baby spinach
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1 pound rotini pasta
- 2 medium garlic clove peeled smashed
- 1 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lemon freshly squeezed (from 1 medium lemon)
- 1.5 teaspoons lemon zest finely grated
- 0.5 cup olive oil extra virgin extra-virgin

- 1 ounce parmesan cheese finely grated plus more for serving
- 0.8 cup pinenuts toasted

Equipment

- food processor
- bowl
- pot
- spatula

Directions

- Bring a large pot of heavily salted water to a boil over high heat.
- Add the pasta and cook according to the package directions or until al dente. Meanwhile, make the pesto.
- Place half of the spinach and all of the pine nuts and garlic in a food processor fitted with a blade attachment. Pulse, scraping down the sides of the bowl with a rubber spatula as needed, until coarsely chopped, about 10 (1-second) pulses. Scrape down the sides of the bowl.
- Add the remaining spinach and pulse until coarsely chopped, about 20 (1-second) pulses, scraping down the sides of the bowl as needed.
- Add the measured Parmesan, lemon zest and juice, measured salt, and measured pepper and process until combined, about 30 seconds. Scrape down the sides of the bowl. With the motor running, slowly pour in the oil and process until a smooth paste forms, about 30 seconds; set the pesto aside in the food processor. When the pasta is ready, reserve 1/2 cup of the cooking water, then drain the pasta and return it to the pot.
- Place the pot over low heat, add the pesto and 1/4 cup of the reserved cooking water, and stir to combine. Cook, stirring occasionally, until the pasta is well coated, adding more pasta water as needed to reach the desired consistency. Taste, season with additional salt and pepper as needed, and serve with Parmesan on the side.

Nutrition Facts



PROTEIN 12.71% FAT 34.47% CARBS 52.82%

Properties

Glycemic Index:22.67, Glycemic Load:22.97, Inflammation Score:-10, Nutrition Score:26.418260871068%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 456.93kcal (22.85%), Fat: 17.77g (27.34%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 57.28g (20.83%), Sugar: 2.88g (3.2%), Cholesterol: 4.11mg (1.37%), Sodium: 505.31mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin K: 194.14µg (184.9%), Manganese: 2.55mg (127.52%), Vitamin A: 3591.16IU (71.82%), Selenium: 50.08µg (71.54%), Phosphorus: 290.31mg (29.03%), Magnesium: 114.57mg (28.64%), Copper: 0.5mg (24.88%), Folate: 93.57µg (23.39%), Vitamin E: 2.97mg (19.83%), Zinc: 2.58mg (17.17%), Iron: 3.02mg (16.76%), Fiber: 3.98g (15.91%), Vitamin C: 12.68mg (15.37%), Potassium: 497.55mg (14.22%), Vitamin B3: 2.32mg (11.58%), Vitamin B1: 0.16mg (10.88%), Vitamin B6: 0.22mg (10.77%), Vitamin B2: 0.17mg (10.2%), Calcium: 101.04mg (10.1%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.06µg (1.06%)