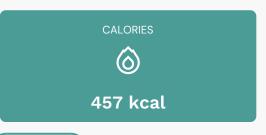


Spinach Pesto Fusilli

ADY IN SERVINGS







SIDE DISH) (LUNCH

(MAIN COURSE

MAIN DISH

Ingredients

8 ounces baby spinach
O.3 teaspoon pepper black as needed freshly ground plus more
1 pound rotini pasta
2 medium garlic clove peeled smashed

- 1 to a constant garner crows pecies simustical
- 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	
닖	1 ounce parmesan cheese finely grated plus more for serving	
Ш	0.8 cup pinenuts toasted	
Equipment		
	food processor	
	bowl	
	pot	
	spatula	
Di	rections	
	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%		

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, 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, Myricetin: 1.53mg, 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: Og (100%), Alcohol %: O% (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%)