



Spring Pea-sto with Whole-Wheat Penne

READY IN



30 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves packed
- ☐ 6 servings pepper black freshly ground
- ☐ 6 sprigs tarragon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano grated plus more for serving
- ☐ 1 package peas frozen
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 6 servings salt

☐ 1 pound penne pasta whole-wheat

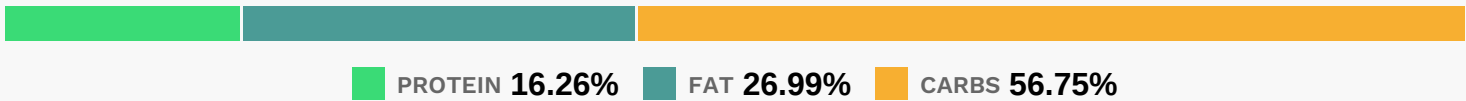
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of water up to a boil then season water with salt and cook penne to al dente. Heads up: you will need to reserve 1 or 2 ladles of starchy cooking water, 1/2 to 3/4 cup, before draining the pasta.
- ☐ Place 1/2 of the peas in the bottom of a large serving dish.
- ☐ Place the rest of the peas in a food processor with the pine nuts, basil, tarragon leaves, lemon zest, cheese and olive oil.
- ☐ Add a little salt and pepper then process the pesto into rough paste, adjust seasonings.
- ☐ Pour starchy water over peas in bowl then add pesto.
- ☐ Pour hot, drained pasta over the pesto and toss vigorously to coat and combine. Adjust seasoning and serve, passing extra cheese at the table.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:12.447391355815%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 400.55kcal (20.03%), Fat: 11.85g (18.24%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 47.46g (17.26%), Sugar: 4.58g (5.08%), Cholesterol: 5.67mg (1.89%), Sodium: 331.29mg (14.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Manganese: 0.91mg (45.5%), Fiber: 8.63g (34.53%), Vitamin K: 33.88µg (32.27%), Vitamin C: 21.19mg (25.69%), Phosphorus: 150.18mg (15.02%), Vitamin A: 725.8IU (14.52%), Calcium: 142.35mg (14.23%), Magnesium: 43.19mg (10.8%), Iron: 1.88mg (10.47%), Vitamin B1: 0.16mg (10.45%), Folate: 41.63µg (10.41%), Copper: 0.19mg (9.56%), Zinc: 1.29mg (8.63%), Vitamin B2: 0.13mg (7.85%), Vitamin E: 1.16mg (7.71%), Vitamin B6: 0.15mg (7.42%), Vitamin B3: 1.48mg (7.4%), Potassium: 231.29mg (6.61%), Selenium: 2.88µg (4.11%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.12mg (1.16%)