



Swiss Chard Pesto Pasta

READY IN



15 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces angel hair pasta whole-wheat cooked
- ☐ 0.3 cup flat-leaf parsley leaves
- ☐ 2 large garlic cloves
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan cheese shaved with a vegetable peeler freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 cups swiss chard leaves packed chopped
- ☐ 0.5 cup walnuts chopped

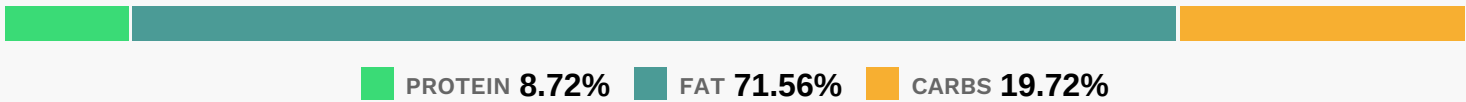
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse garlic in a food processor to chop.
- ☐ Add chard, walnuts, grated parmesan, and parsley; whirl until finely chopped. Scrape down inside of bowl.
- ☐ Add oil, salt, and pepper and process just until smooth.
- ☐ Serve with pasta and shaved parmesan.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:15.900000098607%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 301.35kcal (15.07%), Fat: 25.09g (38.6%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 12.18g (4.43%), Sugar: 0.97g (1.08%), Cholesterol: 5.44mg (1.81%), Sodium: 442.62mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Vitamin K: 220.06µg (209.58%), Manganese: 1.2mg (60.23%), Vitamin A: 1475.86IU (29.52%), Selenium: 14.3µg (20.43%), Copper: 0.35mg (17.51%), Vitamin E: 2.58mg (17.18%), Phosphorus: 141.02mg (14.1%), Magnesium: 55.1mg (13.78%), Fiber: 3.37g (13.47%), Vitamin C: 11.05mg (13.39%), Calcium: 93.9mg (9.39%), Iron: 1.58mg (8.76%), Zinc: 1.19mg (7.94%), Vitamin B6: 0.16mg (7.87%), Vitamin B1: 0.11mg (7.4%), Folate: 25.12µg (6.28%), Potassium: 191.57mg (5.47%), Vitamin B2: 0.08mg (4.96%), Vitamin B5: 0.34mg (3.39%), Vitamin B3: 0.6mg (3.01%), Vitamin B12: 0.08µg (1.41%)