



Tagliatelle al pesto e yogurt

READY IN



10 min.

SERVINGS



4

CALORIES



751 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 130 ml olive oil extra virgin (I prefer a milder olive oil)
- ☐ 60 g basil fresh
- ☐ 1 garlic cloves peeled
- ☐ 100 g greek yogurt
- ☐ 1 lemon zest
- ☐ 50 g pinenuts
- ☐ 4 servings salt & pepper to taste
- ☐ 400 g tagliatelle

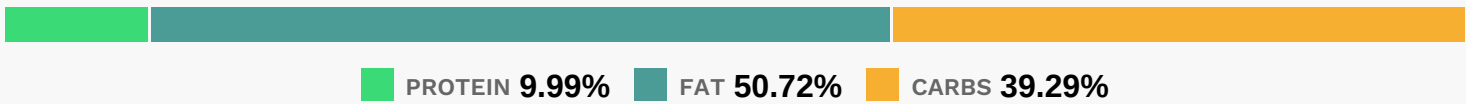
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the basil, pine nuts and garlic in a food processor.
- ☐ Drizzle in the oil and blitz until smooth.
- ☐ Transfer the basil mixture into a large bowl and fold in the lemon zest and yogurt. Season with salt and pepper and set aside.
- ☐ Cook the pasta in a large saucepan of boiling salted water until al dente.
- ☐ Drain and tip into the bowl with the yogurt pesto. Toss everything together for 30 seconds to allow the pesto to coat the pasta evenly.
- ☐ Serve immediately.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:30.09, Inflammation Score:-7, Nutrition Score:25.939130306244%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 750.95kcal (37.55%), Fat: 42.86g (65.94%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 74.7g (24.9%), Net Carbohydrates: 70.53g (25.65%), Sugar: 3.26g (3.62%), Cholesterol: 85.25mg (28.42%), Sodium: 225.45mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Selenium: 81.53µg (116.46%), Manganese: 2.14mg (107.14%), Vitamin K: 87.36µg (83.2%), Vitamin E: 5.94mg (39.57%), Phosphorus: 356.6mg

(35.66%), Copper: 0.53mg (26.39%), Magnesium: 102.14mg (25.54%), Zinc: 2.99mg (19.95%), Iron: 3.28mg (18.2%), Vitamin A: 858.69IU (17.17%), Fiber: 4.18g (16.71%), Vitamin B1: 0.23mg (15.23%), Vitamin B3: 2.85mg (14.24%), Vitamin B6: 0.28mg (13.94%), Vitamin B2: 0.2mg (11.89%), Potassium: 403.87mg (11.54%), Folate: 45.42µg (11.35%), Vitamin B5: 1.07mg (10.74%), Calcium: 95.08mg (9.51%), Vitamin B12: 0.47µg (7.75%), Vitamin C: 4.97mg (6.02%), Vitamin D: 0.3µg (2%)