

Tagliatelle with Coriander Pesto

READY IN



25 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup feta cheese crumbled
- 1 bunch cilantro leaves fresh chopped
- 4 servings pepper black to taste
- 1 teaspoon juice of lemon to taste
- 1 teaspoon olive oil extra virgin extra-virgin
- 12 ounce soup noodles dry
- 6 tablespoons pinenuts

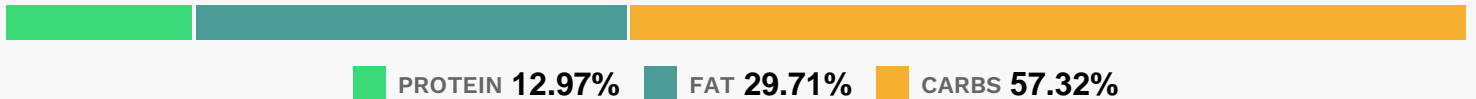
Equipment

- food processor
- bowl
- pot
- colander

Directions

- Place the cilantro, pine nuts, lemon juice, feta cheese, salt, and black pepper into the work bowl of a food processor, and pulse several times to mince the ingredients.
- Drizzle in 1/2 cup of olive oil with the machine running, and process until the pesto is a slightly textured paste.
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the tagliatelle pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta is cooked through, but still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Place the cooked pasta into a large serving bowl, and toss with the pesto.
- Drizzle a bit of extra-virgin olive oil over the pasta, and serve hot.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:25.68, Inflammation Score:-5, Nutrition Score:17.442174008359%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 459.43kcal (22.97%), Fat: 15.25g (23.46%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 62.82g (22.84%), Sugar: 2.86g (3.18%), Cholesterol: 11.13mg (3.71%), Sodium: 148.88mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.96%), Manganese: 2.13mg (106.26%), Selenium: 55.75µg (79.65%), Phosphorus: 290.33mg (29.03%), Copper: 0.45mg (22.69%), Magnesium:

85.87mg (21.47%), Zinc: 2.54mg (16.92%), Vitamin K: 15.36µg (14.63%), Fiber: 3.36g (13.45%), Iron: 2.07mg (11.49%),
Vitamin E: 1.71mg (11.42%), Vitamin B2: 0.19mg (11.42%), Vitamin B3: 2.25mg (11.26%), Vitamin B1: 0.15mg (10.14%),
Vitamin B6: 0.19mg (9.59%), Potassium: 300mg (8.57%), Calcium: 83.75mg (8.38%), Folate: 25.92µg (6.48%),
Vitamin B5: 0.55mg (5.49%), Vitamin A: 192.68IU (3.85%), Vitamin B12: 0.21µg (3.52%), Vitamin C: 1.14mg (1.39%)