



## Tagliatelle with Fresh Corn Pesto

READY IN



55 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 bacon
- ☐ 0.8 cup basil fresh divided
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.3 teaspoons kosher salt
- ☐ 4 cups ears corn fresh (cut from 6 large ears)
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan cheese freshly grated for serving
- ☐ 0.3 cup pinenuts toasted

- ☐ 8 ounces tagliatelle

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Cook bacon in large nonstick skillet over medium heat until crisp and brown, stirring often. Using slotted spoon, transfer to paper towels to drain.
- ☐ Pour off all but 1 tablespoon drippings from skillet.
- ☐ Add corn, garlic, 1 1/4 teaspoons coarse salt, and 3/4 teaspoon pepper to drippings in skillet. Sauté over medium-high heat until corn is just tender but not brown, about 4 minutes.
- ☐ Transfer 1 1/2 cups corn kernels to small bowl and reserve. Scrape remaining corn mixture into processor.
- ☐ Add 1/2 cup Parmesan and pine nuts. With machine running, add olive oil through feed tube and blend until pesto is almost smooth. Set pesto aside.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 1/2 cups pasta cooking liquid. Return pasta to pot.
- ☐ Add corn pesto, reserved corn kernels, and 1/2 cup basil leaves. Toss pasta mixture over medium heat until warmed through, adding reserved pasta cooking liquid by 1/4 cupfuls to thin to desired consistency, 2 to 3 minutes. Season pasta to taste with salt and pepper.
- ☐ Transfer pasta to large shallow bowl.
- ☐ Sprinkle with remaining 1/4 cup basil leaves and reserved bacon.
- ☐ Serve pasta, passing additional grated Parmesan alongside.

## Nutrition Facts



 PROTEIN 11.18%  FAT 50.81%  CARBS 38.01%

Properties

Glycemic Index:29.33, Glycemic Load:11.4, Inflammation Score:-6, Nutrition Score:16.964782668197%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 483.14kcal (24.16%), Fat: 28.3g (43.53%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 44.04g (16.02%), Sugar: 7.05g (7.84%), Cholesterol: 48.68mg (16.23%), Sodium: 750.48mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.02%), Manganese: 1.23mg (61.28%), Selenium: 36.38µg (51.97%), Phosphorus: 297.05mg (29.7%), Vitamin K: 24.75µg (23.58%), Magnesium: 83.68mg (20.92%), Vitamin B1: 0.29mg (19.09%), Vitamin E: 2.77mg (18.45%), Vitamin B3: 3.46mg (17.32%), Zinc: 2.22mg (14.82%), Copper: 0.29mg (14.49%), Fiber: 3.58g (14.32%), Folate: 56.71µg (14.18%), Potassium: 456.78mg (13.05%), Vitamin B5: 1.18mg (11.83%), Vitamin B6: 0.24mg (11.8%), Iron: 1.93mg (10.74%), Calcium: 98.51mg (9.85%), Vitamin C: 7.33mg (8.88%), Vitamin A: 443.55IU (8.87%), Vitamin B2: 0.15mg (8.71%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.21µg (1.42%)