



Thai-Style Pesto with Rice Pasta



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



753 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 fresno chile seeded
- ☐ 1 cup basil leaves fresh packed
- ☐ 2 large cloves garlic
- ☐ 1 juice of lime juiced
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings scallions thinly sliced for garnish
- ☐ 4 servings sesame oil toasted for drizzling

- ☐ 5 tablespoons sesame seed divided toasted
- ☐ 2 tablespoons tamari sauce
- ☐ 1 pound wide noodles

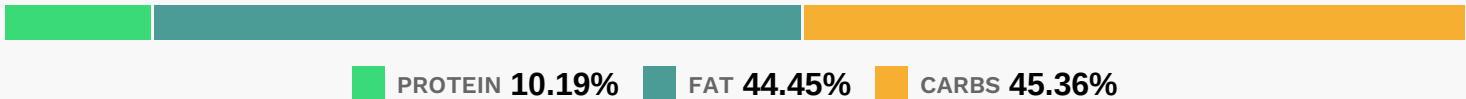
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil. Salt the water, add the pasta, and cook to al dente.
- ☐ Place the basil, 3 tablespoons toasted sesame seeds, tamari, garlic, lime juice, and chile into a food processor. Pulse into a paste.
- ☐ Drizzle in the extra-virgin olive oil.
- ☐ Pour the pesto into a large bowl and add a splash of starchy cooking water.
- ☐ Drain the pasta, add to the sauce, and toss to combine.
- ☐ Drizzle with sesame oil, garnish with scallions and the remaining 2 tablespoons toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:35.03, Inflammation Score:-7, Nutrition Score:24.886521629665%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 753.16kcal (37.66%), Fat: 37.62g (57.88%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 86.38g (28.79%), Net Carbohydrates: 80.91g (29.42%), Sugar: 3.21g (3.57%), Cholesterol: 95.25mg (31.75%), Sodium: 724.33mg (31.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Selenium: 93.2µg (133.14%), Manganese: 1.39mg (69.35%), Vitamin K: 49.56µg (47.2%), Copper: 0.81mg (40.32%), Phosphorus: 361.65mg (36.17%), Magnesium: 113.08mg (28.27%), Vitamin C: 21.09mg (25.57%), Iron: 4.33mg (24.05%), Fiber: 5.48g (21.91%), Vitamin B6: 0.43mg (21.66%), Zinc: 3.12mg (20.77%), Vitamin B1: 0.3mg (19.7%), Vitamin E: 2.76mg (18.41%), Vitamin B3: 3.44mg (17.18%), Calcium: 159.52mg (15.95%), Folate: 55.51µg (13.88%), Potassium: 428.02mg (12.23%), Vitamin B5: 1.13mg (11.31%), Vitamin A: 558.51IU (11.17%), Vitamin B2: 0.16mg (9.54%), Vitamin B12: 0.33µg (5.48%), Vitamin D: 0.34µg (2.27%)