



WHATSheATE



HEALTH SCORE

84%

Three Vegetable Penne with Tarragon-Basil Pesto



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



733 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus trimmed
- ☐ 1 cup basil
- ☐ 1 Handful flat-leaf parsley
- ☐ 1 clove garlic
- ☐ 4 servings coarsely ground pepper black
- ☐ 0.3 pound haricots verts of stem ends trimmed thin green beans
- ☐ 1 lemon zest

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano grated plus more to pass at table
- ☐ 1 pound penne rigate with lines pasta
- ☐ 0.3 cup pinenuts
- ☐ 4 servings salt
- ☐ 0.5 cup tarragon leaves from 10 to 12 stems
- ☐ 1 small zucchini

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ ladle
- ☐ pot

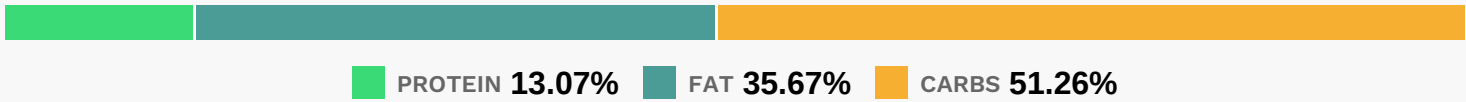
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large pot of water to boil for pasta. Salt the water and add pasta to cook to al dente or, with a bite to it.
- ☐ Cut asparagus spears into 2-inch pieces on an angle.
- ☐ Cut zucchini into matchstick shapes.
- ☐ Cut haricots verts or green beans into 2-inch pieces on an angle.
- ☐ Add vegetables to pasta after penne has been cooking about 5 minutes. Cook veggies and pasta together 2 minutes. While pasta cooks, toast pine nuts in a small pan until golden, then cool.
- ☐ Place nuts, basil, tarragon, parsley, lemon zest, garlic, cheese and a little salt and pepper in a food processor. Turn the processor on and stream in the extra-virgin olive oil until thick sauce forms. Scrape pesto into large, shallow serving dish.
- ☐ Add a ladle of hot, starchy pasta water to the pesto.
- ☐ Drain penne and veggies and add immediately to pesto. Toss to coat pasta and vegetables evenly. Adjust salt and pepper, to taste.

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Serve with extra grated cheese to pass at table.;

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:37.17, Inflammation Score:-9, Nutrition Score:31.9656519229%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 733.37kcal (36.67%), Fat: 29.46g (45.32%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 95.25g (31.75%), Net Carbohydrates: 88.26g (32.09%), Sugar: 6.26g (6.95%), Cholesterol: 8.5mg (2.83%), Sodium: 411.56mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Manganese: 2.59mg (129.61%), Selenium: 76.49µg (109.28%), Vitamin K: 94.23µg (89.74%), Phosphorus: 426.43mg (42.64%), Iron: 6.11mg (33.92%), Magnesium: 134.16mg (33.54%), Copper: 0.66mg (32.92%), Vitamin E: 4.38mg (29.23%), Calcium: 290.7mg (29.07%), Vitamin A: 1453.18IU (29.06%), Fiber: 6.99g (27.97%), Vitamin B6: 0.5mg (24.8%), Vitamin C: 19.75mg (23.94%), Folate: 93.38µg (23.34%), Potassium: 788.82mg (22.54%), Zinc: 3.28mg (21.85%), Vitamin B2: 0.36mg (21.12%), Vitamin B3: 3.88mg (19.39%), Vitamin B1: 0.28mg (18.44%), Vitamin B5: 0.88mg (8.78%), Vitamin B12: 0.15µg (2.5%)