

Vegan Linguine With Spinach Pesto

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 10 ounce pkt spinach frozen chopped
- 2 cloves garlic
- 2 servings salt and ground pepper black to taste
- 1 lemon zest
- 2 tablespoons olive oil extra-virgin as needed
- 8 ounce linguine pasta

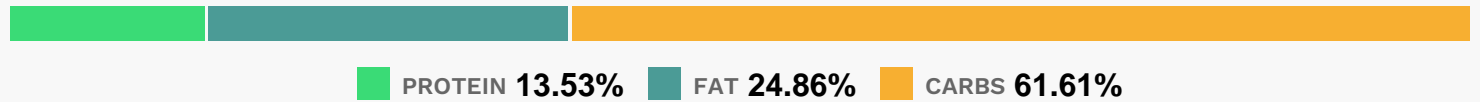
Equipment

- bowl
- frying pan
- pot
- blender
- microwave

Directions

- Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, about 11 minutes; drain.
- Place frozen spinach in a microwave-safe bowl; defrost in microwave on medium for 2 to 3 minutes. Squeeze as much water from spinach as possible. Blend spinach, parsley, 1 tablespoon olive oil, and garlic in a blender until smooth.
- Heat about 2 tablespoons olive oil in a skillet over medium heat; add lemon zest and pesto. Season with salt and black pepper.
- Add linguine and toss to coat with pesto; cook until warmed, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:34.37, Inflammation Score:-10, Nutrition Score:35.786956704181%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 593.14kcal (29.66%), Fat: 16.58g (25.51%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 92.43g (30.81%), Net Carbohydrates: 84.15g (30.6%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 114.93mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.6%), Vitamin K: 601.66µg (573.01%), Vitamin A: 16960.6IU (339.21%), Selenium: 80.63µg (115.18%), Manganese: 2.11mg (105.35%), Folate: 232.52µg (58.13%), Magnesium: 169.78mg (42.45%), Vitamin E: 6.29mg (41.95%), Fiber: 8.28g (33.11%), Phosphorus: 291.21mg (29.12%), Copper:

0.55mg (27.54%), Iron: 4.56mg (25.36%), Vitamin B2: 0.4mg (23.26%), Vitamin B6: 0.45mg (22.55%), Potassium: 783.78mg (22.39%), Calcium: 222.22mg (22.22%), Vitamin C: 17.92mg (21.72%), Zinc: 2.48mg (16.53%), Vitamin B1: 0.25mg (16.44%), Vitamin B3: 2.73mg (13.66%), Vitamin B5: 0.67mg (6.67%)