



Whole Grain Spaghetti with Mixed Nuts Pesto and Orange Peel

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 basil leaves thinly sliced
- 1 clove garlic
- 6 tablespoons olive oil extra-virgin
- 2 tablespoons orange juice
- 1 teaspoon orange zest grated
- 2 tablespoons parmesan cheese grated
- 1 tablespoon pinenuts
- 1 tablespoon pistachios chopped

- 2 tablespoons romano cheese grated
- 13.3 ounce grain spaghetti whole barilla®
- 1 tablespoon walnuts chopped

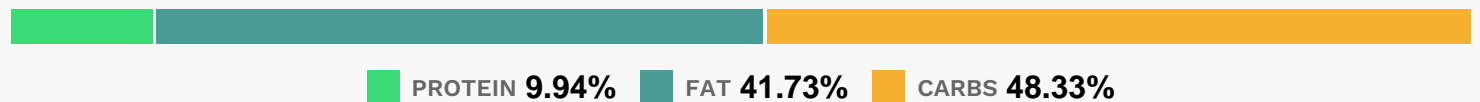
Equipment

- blender

Directions

- Cook pasta according to directions.
- Meanwhile process all the ingredients except basil and oil in a blender.
- Add oil; process for 30 seconds.
- Drain pasta; toss with pesto and basil.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:10.161304470638%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 402.31kcal (20.12%), Fat: 18.67g (28.73%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 46.28g (16.83%), Sugar: 2.37g (2.63%), Cholesterol: 3.18mg (1.06%), Sodium: 53.44mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.01%), Selenium: 40.65µg (58.08%), Manganese: 0.81mg (40.33%), Phosphorus: 164.98mg (16.5%), Vitamin E: 2.3mg (15.32%), Copper: 0.25mg (12.61%), Magnesium: 43.77mg (10.94%), Vitamin K: 10.62µg (10.11%), Fiber: 2.37g (9.47%), Zinc: 1.2mg (7.97%), Vitamin B6: 0.13mg (6.64%),

Iron: 1.13mg (6.3%), Vitamin B3: 1.21mg (6.03%), Vitamin B1: 0.09mg (5.78%), Potassium: 189.19mg (5.41%), Calcium: 51.5mg (5.15%), Vitamin C: 3.6mg (4.36%), Folate: 16.32 μ g (4.08%), Vitamin B2: 0.06mg (3.56%), Vitamin B5: 0.32mg (3.19%), Vitamin A: 54.18IU (1.08%)