






 **56%**
HEALTH SCORE

Whole-Wheat Pasta Shells with Spicy Tomato Pesto and Winter Greens

READY IN

45 min.

SERVINGS

5

CALORIES

292 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 0.3 cup almonds sliced
- 0.3 teaspoon pepper black
- 4 cups shells whole-wheat hot cooked uncooked
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 1.5 tablespoons olive oil extra-virgin

- 1 cup onion chopped
- 1 ounce parmesan cheese grated
- 4 teaspoons parmesan cheese fresh grated
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.5 cup sun-dried tomatoes packed
- 3 cups swiss chard trimmed sliced into 1/2-inch strips
- 0.3 cup water
- 1 cup water boiling

Equipment

- food processor
- bowl
- frying pan
- colander

Directions

- To prepare pesto, combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- Drain tomatoes in a colander over a bowl, reserving 1/2 cup liquid.
- Drop tomatoes, almonds, cheese, basil, and garlic through food chute with food processor on; process until minced. Keeping processor on, add salt and red pepper. Slowly pour 1 1/2 tablespoons oil through food chute; process until well-blended, scraping sides.
- Add reserved soaking liquid 1 tablespoon at a time until mixture appears smooth. Set aside.
- To prepare greens, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add onion; cook 10 minutes or until lightly browned, stirring frequently.
- Add Swiss chard; stir-fry 1 minute or until leaves turn bright green.
- Add water, salt, and pepper; cover and cook 2 minutes.
- Combine pesto and hot cooked pasta in a large bowl; toss well.

Add greens mixture; toss well.

Sprinkle with Parmesan.

Nutrition Facts

 PROTEIN 14.01%  FAT 34.9%  CARBS 51.09%

Properties

Glycemic Index:63.2, Glycemic Load:15.72, Inflammation Score:-9, Nutrition Score:22.790869265795%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 292.36kcal (14.62%), Fat: 12.08g (18.59%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 32.2g (11.71%), Sugar: 6.8g (7.55%), Cholesterol: 5.48mg (1.83%), Sodium: 528.09mg (22.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin K: 194.46µg (185.2%), Manganese: 1.92mg (95.84%), Selenium: 30.45µg (43.5%), Vitamin A: 1569.9IU (31.4%), Fiber: 7.6g (30.41%), Copper: 0.45mg (22.56%), Magnesium: 89.98mg (22.5%), Phosphorus: 217.53mg (21.75%), Vitamin E: 2.99mg (19.96%), Potassium: 608.3mg (17.38%), Vitamin C: 13.75mg (16.67%), Iron: 2.89mg (16.05%), Vitamin B1: 0.21mg (13.88%), Calcium: 125.17mg (12.52%), Vitamin B2: 0.21mg (12.16%), Zinc: 1.64mg (10.94%), Vitamin B6: 0.21mg (10.46%), Vitamin B3: 2.06mg (10.3%), Vitamin B5: 0.8mg (7.97%), Folate: 25.1µg (6.28%), Vitamin B12: 0.09µg (1.44%)