



HEALTH SCORE

98%

Yogurt Pesto Pasta



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz tomato sauce canned
- ☐ 3 oz ham cooked chopped
- ☐ 4 teaspoons cornstarch
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 3 cloves garlic sliced
- ☐ 0.3 pound mushrooms rinsed sliced
- ☐ 2 teaspoons olive oil
- ☐ 6 oz onion chopped

- ☐ 3 oz pesto
- ☐ 1 pint nonfat yogurt plain
- ☐ 1 pound vermicelli dried
- ☐ 8 servings salt and pepper

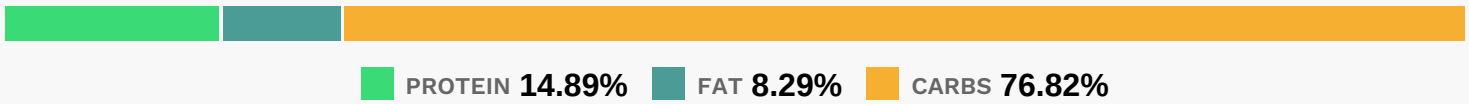
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan, combine oil, onion, garlic, and mushrooms. Stir often over high heat until onion is limp, 3 to 4 minutes.
- ☐ Add ham and stir often until mushrooms are lightly browned, about 5 minutes longer.
- ☐ Add tomato sauce and pesto to mushroom mixture. Turn heat down to low.
- ☐ Squeeze liquid from spinach.
- ☐ Add spinach to pan and heat until simmering.
- ☐ Meanwhile, cook vermicelli in about 3 quarts boiling water until just tender to bite, 7 to 9 minutes.
- ☐ Drain and keep warm.
- ☐ Mix yogurt and cornstarch. Stir into sauce, then stir over high heat until bubbling, about 3 minutes.
- ☐ Pour sauce over pasta.
- ☐ Mix to blend.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:28.44, Inflammation Score:-10, Nutrition Score:31.128695778225%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 330.14kcal (16.51%), Fat: 3.12g (4.8%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 65.02g (21.67%), Net Carbohydrates: 57.69g (20.98%), Sugar: 8.13g (9.04%), Cholesterol: 8.94mg (2.98%), Sodium: 753.67mg (32.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.2%), Vitamin K: 316.41µg (301.34%), Vitamin A: 4469.26IU (89.39%), Manganese: 1.69mg (84.73%), Iron: 11.44mg (63.54%), Calcium: 427.48mg (42.75%), Magnesium: 134.56mg (33.64%), Phosphorus: 295.77mg (29.58%), Fiber: 7.32g (29.29%), Vitamin B2: 0.5mg (29.28%), Folate: 105.53µg (26.38%), Selenium: 17.61µg (25.16%), Potassium: 853.52mg (24.39%), Copper: 0.47mg (23.65%), Vitamin E: 3.08mg (20.54%), Vitamin B6: 0.38mg (19.08%), Zinc: 2.45mg (16.33%), Vitamin C: 11.09mg (13.44%), Vitamin B3: 2.52mg (12.59%), Vitamin B1: 0.18mg (12.28%), Vitamin B5: 1.1mg (11.03%), Vitamin B12: 0.52µg (8.64%)