

 **57%**
HEALTH SCORE

Zesty Green Pea and Jalapeño Pesto Pasta

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- 1 cup basil fresh
- 1 cup basil fresh
- 0.8 cup mint leaves fresh
- 2 cloves garlic chopped
- 1 jalapeno seeded chopped
- 1 juice of lemon
- 3 tablespoons olive oil
- 1.3 cups peas fresh green frozen

- 3 cups rotini pasta dried
- 1 pinch sea salt
- 1 small onion red chopped
- 4 sun-dried olives
- 0.3 teaspoon frangelico fresh white green black

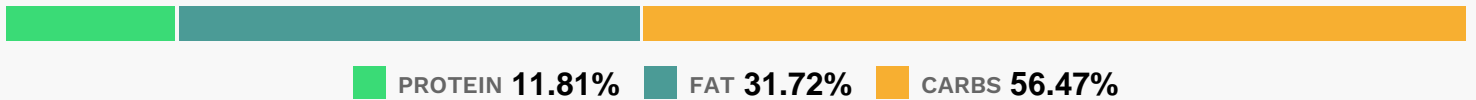
Equipment

- food processor
- sauce pan

Directions

- Soak the sun-dried tomatoes in hot water for 20 to 30 minutes.
- Drain and chop. Cook the pasta in a large saucepan of boiling salted water according to package directions. Two minutes before the pasta is finished cooking, toss in the remaining peas. In a small food processor, process the sun-dried tomatoes, 1/4 cup of the peas, basil, mint, shallot or onion, garlic, jalapeo, lemon juice and zest, salt and pepper with 3 tablespoons of olive oil in a small food processor. Process until smooth.
- Add another tablespoon of olive oil if the pesto is too thick to process.
- Drain the pasta and peas and toss with the pesto.
- Serve hot or warm, or cold as a salad.

Nutrition Facts



Properties

Glycemic Index:86.33, Glycemic Load:16.35, Inflammation Score:0, Nutrition Score:18.065652173913%

Flavonoids

Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg, Eriodictyol: 2.97mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Taste

Sweetness: 67.29%, Saltiness: 15.19%, Sourness: 85.29%, Bitterness: 69.08%, Savoriness: 68.14%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 326.2kcal (16.31%), Fat: 11.64g (17.91%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 40.87g (14.86%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 21.64mg (0.94%), Protein: 9.76g (19.51%), Vitamin K: 69.05µg (65.76%), Manganese: 0.94mg (46.86%), Selenium: 29.77µg (42.53%), Vitamin C: 33.31mg (40.37%), Vitamin A: 1394.41IU (27.89%), Fiber: 5.76g (23.02%), Phosphorus: 165.77mg (16.58%), Copper: 0.33mg (16.51%), Folate: 64.41µg (16.1%), Magnesium: 61.21mg (15.3%), Vitamin B1: 0.2mg (13.43%), Iron: 2.4mg (13.33%), Vitamin E: 1.86mg (12.4%), Vitamin B6: 0.25mg (12.32%), Potassium: 425.6mg (12.16%), Vitamin B3: 2.24mg (11.2%), Zinc: 1.5mg (10%), Vitamin B2: 0.14mg (8.28%), Calcium: 74.74mg (7.47%), Vitamin B5: 0.4mg (4%)