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Pesto Cream Penne ♦♦

Pesto Cream Penne is a delicious pasta dish that combines the flavors of pesto and cream. It is a creamy and flavorful dish that is perfect for any occasion. The dish is made by cooking penne pasta and then tossing it in a creamy pesto sauce. The sauce is made by combining pesto sauce with cream and Parmesan cheese. The result is a creamy and flavorful pasta dish that is sure to impress.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	penne pasta
100 g	pesto sauce
200 ml	cream
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the penne pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In a separate pan, heat the cream over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Add the pesto sauce to the cream and stir until well combined.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stove

Add the cooked penne pasta to the pan and toss until the pasta is coated in the sauce.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Plating

Sprinkle Parmesan cheese on top and serve hot.

Prep Time: 1 mins

Cook Time: 2 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian Spanish American French Japanese Mediterranean

Course

Appetizers Snacks Soups Side Dishes Breads

Nutritional Content

High Vitamin C

High Iron

High Calcium

Sugar-Free

Low Fat

Low Sodium

High Protein

High Fiber

Low Calorie

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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