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# Pesto Bello Combo ·

The Pesto Bello Combo is a delicious and flavorful dish that combines the rich taste of pesto with a variety of fresh ingredients. It can be enjoyed as a main course or as a side dish. The dish is known for its vibrant green color and aromatic flavors.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 15 mins Total Time: 35 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

# **Ingredients**

50 g	basil leaves
30 g	Pine Nuts
2 pieces	garlic cloves
50 g	parmesan cheese
100 ml	olive oil

5 g	Salt
2 g	Black pepper
200 g	Cherry Tomatoes
150 g	mozzarella cheese
300 g	Pasta

## **Directions**

### Step 1

#### **Blending**

Prepare the pesto sauce by blending basil leaves, pine nuts, garlic cloves, Parmesan cheese, olive oil, salt, and black pepper in a food processor until smooth.

Prep Time: 10 mins

Cook Time: 0 mins

### Step 2

#### Boiling

Cook the pasta according to package instructions. Drain and set aside.

Prep Time: 0 mins

Cook Time: 10 mins

### Step 3



In a large bowl, mix the cooked pasta with the pesto sauce until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

### Step 4



Add cherry tomatoes and mozzarella cheese to the pasta mixture. Toss gently to combine.

Prep Time: 0 mins

Cook Time: 5 mins

### Step 5

Serving

Serve the Pesto Bello Combo warm or at room temperature. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 400 kcal

**Fat:** 20 g

Protein: 15 g

Carbohydrates: 40 g

# **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	10 mg	N/A	N/A

### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

### Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

# **Recipe Attributes**

Cuisines

Italian

Course

Appetizers Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

**Meal Type** 

Brunch Lunch Dinner Snack Supper

**Difficulty Level** 

Medium

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