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Basil Pesto Pasta with Roasted Veggies

This delicious vegetarian pasta dish features a homemade basil pesto sauce and a variety of roasted vegetables. It's a perfect meal for lunch or dinner.

Recipe Type: Vegetarian	Prep Time: 15 mins
Cook Time: 25 mins	Total Time: 40 mins
Recipe Yield: 500 grams	Number of Servings: 4

Ingredients

50 g	Basil
2 cloves	garlic
30 g	Pine Nuts
50 g	parmesan cheese
60 ml	olive oil

1 tsp	Salt
0.5 tsp	Black pepper
300 g	pasta
200 g	zucchini
150 g	Red Bell Pepper
150 g	yellow bell pepper
200 g	Cherry Tomatoes

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a food processor, combine basil, garlic, pine nuts, Parmesan cheese, olive oil, salt, and black pepper. Process until smooth to make the pesto sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Boiling

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Roasting

In a large baking dish, toss the zucchini, red bell pepper, yellow bell pepper, and cherry tomatoes with olive oil, salt, and black pepper. Roast in the preheated oven for 15-20 minutes, or until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Mixing

In a large mixing bowl, combine the cooked pasta, roasted vegetables, and pesto sauce. Toss until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6



Serve the basil pesto pasta with roasted veggies hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 12 g

Protein: 10 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	5 mg	N/A	N/A

Vitamins

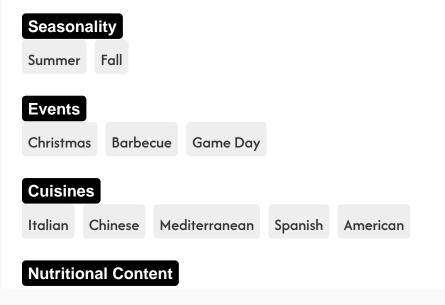
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes



Low Calorie	High Protein	Low Fat	Low Carb	High Fiber	Low Sodium
Sugar-Free					
Kitchen Too Blender Ov	ols ren				
Course Appetizers					
Meal Type	er Snack				
Difficulty Lo	evel				
Medium					

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