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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

Serving Size: 125 g

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

Serving

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

Seasonality

Summer Fall

Events

Christmas Barbecue Game Day

Cuisines

Italian Chinese Mediterranean Spanish American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

Kitchen Tools

Blender

Oven

Course

Appetizers

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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