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Basil Pesto Pasta with Roasted Vegetables ✦

Basil Pesto Pasta with Roasted Vegetables is a delicious vegetarian dish that combines the flavors of fresh basil, roasted vegetables, and pasta. It is a perfect meal for a quick and easy weeknight dinner or a special occasion.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 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 200°C (400°F).

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.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Boiling

Cook the pasta according to the 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 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Basil Pesto Pasta with Roasted Vegetables hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 50 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	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese Mediterranean Spanish American Middle Eastern

Nutritional Content

Low Fat Low Carb High Fiber Sugar-Free High Calcium

Kitchen Tools

Blender

Oven

Course

Drinks

Salads

Soups

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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