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Creamy Avocado Pasta · ·

Creamy Avocado Pasta is a delicious vegan recipe that combines ripe avocados with pasta to create a rich and creamy sauce. This dish is perfect for avocado lovers and makes for a satisfying and healthy meal.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

300 g	ripe avocados
2 tsp	lemon juice
2 cloves	garlic
20 g	basil leaves
1 tsp	salt

0.5 tsp black pepper

400 g Pasta

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a blender, combine the ripe avocados, lemon juice, garlic, basil leaves, salt, and black pepper. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Drain the cooked pasta and return it to the pot. Pour the avocado sauce over the pasta and toss until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the creamy avocado pasta immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	6 g	15.79%	24%
Sugars	1 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	1 g	4.55%	5.88%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3 iu	0.33%	0.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	1 mg	0.1%	0.1%
Iron	3 mg	37.5%	16.67%
Potassium	470 mg	13.82%	18.08%
Zinc	4 mg	36.36%	50%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker

Course

Appetizers Salads Snacks Sauces & Dressings

Meal Type

Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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