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Basil Pesto Angel Hair Pasta ••

Basil Pesto Angel Hair Pasta is a delicious vegan pasta dish that features fresh basil pesto sauce tossed with angel hair pasta. It is a light and flavorful meal that can be enjoyed any time of the year. The dish originated in Italy and is now popular worldwide. It is commonly served as a main course for lunch or dinner.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

50 g	basil leaves
4 g	garlic cloves
30 g	Pine Nuts
60 ml	olive oil
5 g	Salt

2 g	Black pepper
300 g	Angel Hair Pasta

Directions

Step 1

Blending

In a food processor, combine basil leaves, garlic cloves, pine nuts, salt, and black pepper. Pulse until finely chopped.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

While the food processor is running, slowly drizzle in the olive oil until the mixture becomes a smooth paste.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Boiling

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

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

In a large mixing bowl, combine the cooked pasta and the basil pesto sauce. Toss until the pasta is evenly coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Plating

Serve the Basil Pesto Angel Hair Pasta hot and garnish with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	2 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
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	400 mg	17.39%	17.39%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian French Mediterranean German

Course

Soups 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

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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