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Avocado Pesto Pasta ♦♦

Avocado Pesto Pasta is a delicious vegetarian dish that combines the creaminess of avocado with the freshness of pesto. It is a perfect meal for lunch or dinner.

Recipe Type: Vegetarian

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

200 g	Avocado
20 g	Basil
2 cloves	garlic
30 g	Pine Nuts
50 g	parmesan cheese
2 tbsp	lemon juice

4 tbsp	olive oil
1 tsp	Salt
1 tsp	Pepper
320 g	Pasta

Directions

Step 1

Boiling

Cook the pasta according to the package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Blending

In a food processor, blend together the avocado, basil, garlic, pine nuts, Parmesan cheese, lemon juice, olive oil, salt, and pepper until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the Avocado Pesto Pasta with a sprinkle of Parmesan cheese and a drizzle of olive oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 360 kcal

Fat: 25 g

Protein: 8 g

Carbohydrates: 30 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	30 g	54.55%	60%
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
Saturated Fat	3 g	13.64%	17.65%
Fat	25 g	89.29%	100%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Chinese Mediterranean Spanish American

Meal Type

Breakfast

Lunch

Snack

Brunch

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Sugar-Free

Kitchen Tools

Blender

Course

Side Dishes

Salads

Soups

Snacks

Difficulty Level

Medium

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