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## Italian Cappellini Primavera Noodle Bowl

The Italian Cappellini Primavera Noodle Bowl is a delicious and refreshing pasta dish that is perfect for any time of the year. It is made with fresh vegetables, herbs, and a light sauce, creating a vibrant and flavorful meal. This dish is typically consumed as a main course and is often enjoyed with a side of garlic bread or a fresh salad.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	cappellini pasta
200 g	Cherry Tomatoes
150 g	zucchini
100 g	yellow bell pepper

<b>50 g</b>	red onion
<b>20 g</b>	Fresh Basil
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>50 g</b>	parmesan cheese

## Directions

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### Step 1

#### Boiling

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

#### Sautéing

Add cherry tomatoes, zucchini, yellow bell pepper, and red onion to the skillet. Cook until the vegetables are tender-crisp.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

#### Stirring

Season the vegetables with salt and black pepper. Stir in the cooked cappellini pasta and toss to combine.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 5

#### Garnishing

Garnish with fresh basil and grated Parmesan cheese. Serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 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	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
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	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian French Japanese Mediterranean

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

High Protein Low Fat Low Carb Low Sodium Sugar-Free High Iron

### Kitchen Tools

Blender Mixer Oven Stove Grill

### Course

Side Dishes

### Difficulty Level

Medium

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