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Pesto Orzo with Pinenuts ·

Pesto Orzo with Pinenuts is a delicious non-vegetarian recipe that combines the flavors of pesto sauce and toasted pinenuts with orzo pasta. It is a versatile dish that can be served as a main course or as a side dish. The dish originated in Italy and is commonly consumed as a lunch or dinner option. The preparation and cooking time are relatively short, making it a quick and easy recipe to prepare. The recipe yields a generous quantity of 500 grams, which is enough to serve 4 people. Each serving size is approximately 125 grams.

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	orzo pasta
50 g	basil leaves
30 g	pinenuts

50 g	Parmesan Cheese
2 cloves	garlic
4 tbsp	olive oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a blender or food processor, combine basil leaves, pinenuts, Parmesan cheese, garlic, olive oil, salt, and black pepper. Blend until smooth to make the pesto sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large mixing bowl, combine the cooked orzo pasta and pesto sauce. Mix well to coat the pasta evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve the Pesto Orzo with Pinenuts warm or at room temperature. Garnish with additional basil leaves and pinenuts, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cultural

Oktoberfest

Passover

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Volumetrics Diet

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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