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Pesto Penne ♦♦

Pesto Penne is a classic Italian pasta dish made with fresh basil pesto sauce and penne pasta. It is a flavorful and satisfying meal that can be enjoyed as a main course or as a side dish. The dish originated in Genoa, Italy, and is popular all over the world. The pesto sauce is made with fresh basil leaves, garlic, pine nuts, Parmesan cheese, and olive oil. The penne pasta is cooked until al dente and then tossed with the pesto sauce. It is a quick and easy recipe that can be prepared in under 30 minutes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	penne pasta
50 g	fresh basil leaves
2 cloves	garlic cloves

30 g	Pine Nuts
50 g	Parmesan Cheese
60 ml	olive oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Boiling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a food processor, combine the basil leaves, garlic cloves, pine nuts, Parmesan cheese, olive oil, salt, and black pepper. Process until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large mixing bowl, toss the cooked penne pasta with the pesto sauce until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Serve the Pesto Penne hot and garnish with additional Parmesan cheese and fresh basil leaves, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 65 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	65 g	118.18%	130%
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	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
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	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
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

Chinese

Japanese

Mediterranean

Spanish

German

American

Course

Drinks

Salads

Soups

Snacks

Sauces & Dressings

Demographics

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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