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Pasta Primavera ♦

Pasta Primavera is a classic Italian dish that is made with fresh, seasonal vegetables and pasta. It is a light and flavorful dish that is perfect for spring and summer. The vegetables are sautéed in olive oil and garlic, then tossed with cooked pasta and a simple sauce made with olive oil, lemon juice, and Parmesan cheese. This dish is a great way to use up any vegetables you have on hand and can be customized to your taste.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|----------|-----------|
| 400 g | pasta |
| 2 tbsp | Olive oil |
| 2 cloves | garlic |
| 200 g | zucchini |

| | |
|---------------|-----------------|
| 200 g | Yellow Squash |
| 200 g | bell pepper |
| 250 g | Cherry Tomatoes |
| 1 juice of | Lemon |
| 50 g | Parmesan Cheese |
| 1 teaspoon | Salt |
| 1 teaspoon | Black pepper |

Directions

Step 1

Boiling

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

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the garlic and cook until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Sautéing

Add the zucchini, yellow squash, and bell pepper to the skillet. Cook until the vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the cherry tomatoes to the skillet and cook until they start to burst, about 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Sautéing

Add the cooked pasta to the skillet and toss to combine. Cook for an additional 2 minutes to heat through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Remove from heat and add the lemon juice, Parmesan cheese, salt, and black pepper.
Toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 45 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 | 45 g | 81.82% | 90% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 7 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 5 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|-------------|-------|--------|---------|
| Vitamin A | 20 iu | 2.22% | 2.86% |
| Vitamin C | 80 mg | 88.89% | 106.67% |
| 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% |
| 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

Mediterranean

Korean

Middle Eastern

Preparation Time

More than 1 Hour

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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