

Creamy Avocado Pasta

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-italian-pasta-fagioli-recipe>

Ingredients:

- 12 ounces pasta I used whole wheat spaghetti
- 2 avocados ripe, pitted and scooped
- 1 lemon juiced
- 2 cloves garlic
- 1/4 cup olive oil
- 1 handful fresh basil
- 1/4 teaspoon kosher salt
- freshly grated Parmesan

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 11 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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