



Antipasto-Style Penne

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 6 ounce marinated artichoke hearts drained chopped quartered
- ☐ 2 ounces parmigiano-reggiano cheese divided grated
- ☐ 2 cups penne pasta uncooked
- ☐ 0.3 cup pesto refrigerated
- ☐ 0.3 cup pinenuts toasted
- ☐ 3 ounces pancetta chopped
- ☐ 1 medium bell pepper red
- ☐ 7 ounce oil-packed sun-dried tomato halves drained chopped

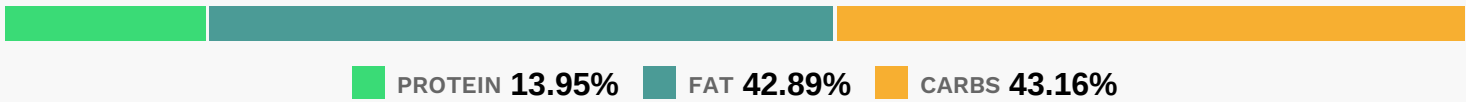
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel and chop bell pepper; place in a large bowl. Stir in olives, pesto, prosciutto, tomatoes, and artichokes.
- ☐ Cook the pasta according to package directions, omitting salt and fat; drain.
- ☐ Add cooked pasta and 1/4 cup Parmigiano-Reggiano cheese to bell pepper mixture, and toss gently to combine. Spoon about 1 cup pasta mixture into each of 6 bowls, and sprinkle each serving with 2 teaspoons remaining cheese and 2 teaspoons pine nuts.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:23.554347813129%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 464.44kcal (23.22%), Fat: 22.89g (35.22%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 44.78g (16.28%), Sugar: 15.33g (17.04%), Cholesterol: 16.88mg (5.63%), Sodium: 695.82mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Manganese: 1.48mg (73.76%), Vitamin C: 44.35mg (53.76%), Selenium: 30.65µg (43.79%), Potassium: 1334.99mg (38.14%), Copper: 0.68mg (33.91%), Vitamin A: 1596.2IU (31.92%), Phosphorus: 312.56mg (31.26%), Fiber: 7.05g (28.21%), Magnesium: 107.63mg (26.91%), Iron: 4.37mg (24.25%), Vitamin B3: 4.69mg (23.47%), Calcium: 192.84mg (19.28%), Vitamin B1: 0.28mg (18.98%), Vitamin K: 18.58µg (17.7%), Vitamin B2: 0.26mg (15.15%), Vitamin B6: 0.28mg (13.79%), Zinc: 2.03mg (13.54%), Vitamin B5: 1.06mg (10.56%), Folate: 41.28µg (10.32%), Vitamin E: 1.39mg (9.29%), Vitamin B12: 0.18µg (3.07%)