



Baked Penne with Fennel

READY IN



30 min.

SERVINGS



6

CALORIES



833 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes whole canned
- 1 fennel bulb trimmed thinly sliced
- 6 ounces fontina grated
- 0.5 cup basil fresh chopped
- 0.5 cup heavy cream
- 6 servings kosher salt
- 8 ounces mozzarella cheese grated
- 3 tablespoons olive oil extra-virgin plus more for greasing
- 1 medium onion chopped

- 0.5 pound pancetta diced trimmed
- 2.5 ounces parmesan cheese grated
- 12 ounces penne pasta

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Position a rack in the upper third of the oven and preheat to 45
- Bring a large pot of salted water to a boil.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the pancetta and cook, stirring, until the fat renders, 2 to 3 minutes.
- Pour off the fat, leaving about 1 tablespoon in the pan.
- Add the onion and fennel and cook until the fennel is soft, about 5 minutes. Crush the tomatoes into the pan with your hands, then pour in the juices from the can and bring to a simmer. Fill the empty can with 1/2 cup of the boiling water and add to the sauce. Stir in the cream and simmer while you cook the pasta.
- Add the pasta to the boiling water and cook until al dente.
- Drain and add to the sauce. Stir in the basil and 1/2 cup parmesan.
- Drizzle with 1 tablespoon olive oil, season with salt and toss.
- Oil a 9-by-13-inch baking dish.
- Layer the pasta, mozzarella, fontina and the remaining 1/2 cup parmesan in the dish, alternating pasta and cheese.
- Drizzle with the remaining 1 tablespoon olive oil.
- Bake, uncovered, until browned and bubbly, about 15 minutes.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 16.56% FAT 54.7% CARBS 28.74%

Properties

Glycemic Index:46, Glycemic Load:21.2, Inflammation Score:-8, Nutrition Score:28.197825763537%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 832.92kcal (41.65%), Fat: 51.07g (78.57%), Saturated Fat: 23.05g (144.08%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 54.49g (19.82%), Sugar: 11.07g (12.3%), Cholesterol: 120.38mg (40.13%), Sodium: 1319.16mg (57.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.56%), Selenium: 59.86µg (85.52%), Calcium: 550.15mg (55.02%), Phosphorus: 548.16mg (54.82%), Manganese: 0.91mg (45.67%), Vitamin K: 46.59µg (44.37%), Zinc: 4.38mg (29.22%), Vitamin B12: 1.72µg (28.64%), Vitamin A: 1364.63IU (27.29%), Potassium: 870.6mg (24.87%), Copper: 0.48mg (24.04%), Vitamin B6: 0.48mg (23.85%), Fiber: 5.88g (23.52%), Vitamin E: 3.52mg (23.49%), Vitamin B2: 0.4mg (23.25%), Vitamin C: 18.69mg (22.65%), Vitamin B3: 4.49mg (22.47%), Magnesium: 87.85mg (21.96%), Vitamin B1: 0.29mg (19.47%), Iron: 3.34mg (18.58%), Folate: 48.63µg (12.16%), Vitamin B5: 1.2mg (12.03%), Vitamin D: 0.85µg (5.66%)