



Bell Pepper and Tomato Penne with Meatballs

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup julienne-cut bell pepper yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cremini mushrooms finely chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large egg yolk
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 4 garlic cloves thinly sliced

- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 0.5 pound pd of ground turkey lean
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion fresh minced
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup julienne-cut orange bell pepper
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 8 ounces penne pasta tube-shaped uncooked 2 cups pasta
- ☐ 2 pounds plum tomatoes seeded chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup sacramento tomato juice
- ☐ 0.8 ounce bread white firm such as Pepperidge Farm

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ To prepare meatballs, place bread in a food processor; pulse 10 times or until fine crumbs measure 1/2 cup.

- ☐ Combine breadcrumbs, 1/3 cup onion, and next 8 ingredients (1/3 cup onion through turkey); stir well to combine. Lightly coat hands with cooking spray. Shape turkey mixture into 20 (1-inch) meatballs.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 12 minutes or until done; cover and keep warm.
- ☐ To prepare sauce, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 3/4 cup onion; saut 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add bell peppers and 1/4 teaspoon salt; saut 2 minutes.
- ☐ Add tomato and next 6 ingredients (tomato through black pepper); bring to a boil. Reduce heat; simmer, uncovered, 13 minutes or until sauce thickens. Stir in basil and 1/4 teaspoon salt.
- ☐ Add meatballs; stir to coat.
- ☐ To prepare pasta, while sauce cooks, bring 3 quarts of water to a boil in a large saucepan; add 1/8 teaspoon salt and pasta. Cook 10 minutes or until al dente; drain.
- ☐ Serve meatball mixture over pasta.

Nutrition Facts



Properties

Glycemic Index:148.3, Glycemic Load:24.43, Inflammation Score:-10, Nutrition Score:31.982173950776%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg

Nutrients (% of daily need)

Calories: 433.87kcal (21.69%), Fat: 7.91g (12.17%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 66.08g (22.03%), Net Carbohydrates: 59.31g (21.57%), Sugar: 13.9g (15.45%), Cholesterol: 78.78mg (26.26%), Sodium: 763.33mg (33.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin C: 101.73mg (123.31%), Selenium:

54.66µg (78.08%), Vitamin A: 3067.36IU (61.35%), Vitamin K: 62.91µg (59.91%), Manganese: 1.06mg (53.08%), Vitamin B6: 1mg (49.84%), Vitamin B3: 8.96mg (44.82%), Phosphorus: 372.55mg (37.26%), Potassium: 1125.14mg (32.15%), Fiber: 6.77g (27.07%), Folate: 95.23µg (23.81%), Magnesium: 92.76mg (23.19%), Copper: 0.46mg (22.9%), Zinc: 2.74mg (18.26%), Vitamin B1: 0.27mg (18.02%), Vitamin E: 2.61mg (17.4%), Iron: 3.02mg (16.75%), Vitamin B2: 0.25mg (14.96%), Vitamin B5: 1.44mg (14.36%), Calcium: 124.44mg (12.44%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.47µg (3.16%)