



WHATSheATE



HEALTH SCORE

57%

Bow-Tie Pasta With Red Pepper Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon balsamic vinegar



2 cups bow tie pasta



0.5 cup chicken broth



2 tablespoons parsley fresh chopped



0.3 teaspoon ground pepper black



1 teaspoon honey



1 tablespoon oregano fresh chopped



1 cup blanched peas green

- ☐ 2 cups bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste

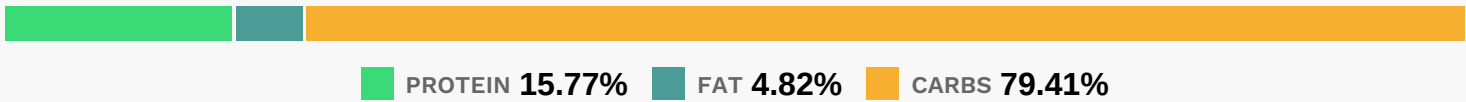
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine bell pepper, broth, oregano, salt, and pepper in 2 quart saucepan. Cover. Cook over medium low heat for 20 minutes, stirring occasionally, until bell pepper is tender.
- ☐ Stir in tomato paste, vinegar, and honey; remove from heat. Puree mixture in a blender or food processor.
- ☐ Meanwhile, cook pasta as directed on package.
- ☐ Drain.
- ☐ Mix together pasta, red pepper sauce, peas, and parsley.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:8.5, Inflammation Score:-9, Nutrition Score:13.870869712013%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 118.84kcal (5.94%), Fat: 0.65g (1%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 20.54g (7.47%), Sugar: 5.8g (6.45%), Cholesterol: 0.39mg (0.13%), Sodium: 196.64mg (8.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin C: 75.62mg (91.66%), Vitamin A: 1907.95IU (38.16%), Vitamin K: 35.93µg (34.22%), Manganese: 0.41mg (20.71%), Selenium: 13.4µg (19.14%), Fiber: 3.59g (14.37%), Folate: 46.51µg (11.63%), Vitamin B6: 0.23mg (11.5%), Phosphorus: 82.5mg (8.25%), Vitamin B1: 0.12mg (7.84%), Vitamin B3: 1.51mg (7.57%), Vitamin E: 1.12mg (7.49%), Potassium: 261.54mg (7.47%), Iron: 1.34mg (7.47%), Magnesium: 29.26mg (7.31%), Copper: 0.13mg (6.55%), Vitamin B2: 0.11mg (6.36%), Zinc: 0.78mg (5.19%), Calcium: 31.83mg (3.18%), Vitamin B5: 0.29mg (2.89%)