



Bow Tie Pasta with Roasted Red Pepper and Cream Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 pound farfalle pasta uncooked (bow tie pasta)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup half-and-half
- ☐ 0.5 cup onion finely chopped
- ☐ 4 ounces parmigiano-reggiano cheese divided freshly grated
- ☐ 12 ounce roasted bell peppers red drained coarsely chopped

☐ 1 tablespoon tomato paste

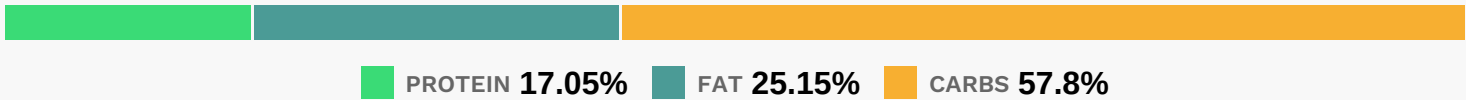
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Cook the pasta according to package directions, omitting salt and fat.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion, and cook 8 minutes or until tender, stirring frequently.
- ☐ Add bell peppers; cook 2 minutes or until heated through. Increase heat to medium-high. Stir in vinegar; cook 1 minute or until liquid evaporates.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Place bell pepper mixture in a blender; process until smooth. Return bell pepper mixture to pan; cook over low heat until warm.
- ☐ Combine half-and-half and tomato paste in a small bowl, stirring with a whisk. Stir tomato mixture into bell pepper mixture, stirring with a whisk until well combined. Stir in ground red pepper.
- ☐ Combine pasta and bell pepper mixture in a large bowl.
- ☐ Add 1/2 cup cheese, tossing to coat. Spoon 1 1/3 cups pasta into each of 6 bowls; top each with about 1 1/2 tablespoons cheese.
- ☐ Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:16.213478300882%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 438.51kcal (21.93%), Fat: 12.2g (18.77%), Saturated Fat: 6.37g (39.78%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 59.61g (21.68%), Sugar: 4.98g (5.53%), Cholesterol: 26.97mg (8.99%), Sodium: 1130.14mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.21%), Selenium: 53.7µg (76.72%), Manganese: 0.82mg (40.82%), Vitamin C: 28.33mg (34.34%), Phosphorus: 330.22mg (33.02%), Calcium: 310.6mg (31.06%), Copper: 0.32mg (15.87%), Magnesium: 61.37mg (15.34%), Fiber: 3.45g (13.79%), Vitamin B6: 0.27mg (13.42%), Vitamin A: 643.49IU (12.87%), Zinc: 1.89mg (12.58%), Vitamin B2: 0.21mg (12.44%), Potassium: 371.22mg (10.61%), Iron: 1.74mg (9.68%), Vitamin B3: 1.79mg (8.97%), Vitamin B1: 0.11mg (7.3%), Folate: 28.11µg (7.03%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.3µg (5.06%), Vitamin E: 0.55mg (3.65%), Vitamin K: 2.11µg (2.01%)