



Castellane with Mascarpone and Roasted Grape Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pints cherry tomatoes halved lengthwise
- 0.3 cup chives fresh minced
- 1.3 cups mascarpone cheese (from a 1-lb container)
- 1 cup parmesan finely grated
- 1 lb shells (regular)

Equipment

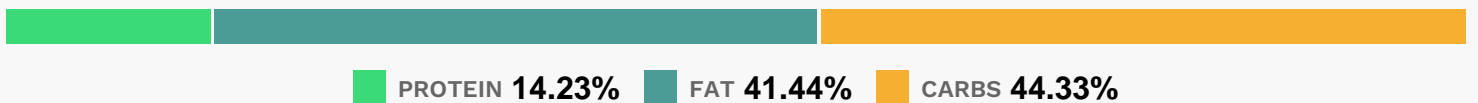
- bowl

- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Put oven rack in upper third of oven and preheat oven to 400°F. Line a large shallow baking pan with foil and butter foil.
- Arrange tomatoes, cut sides up, in pan and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Roast until slightly plumped, 15 to 20 minutes.
- Cook pasta in a 6- to 8-quart pot of boiling salted water, stirring occasionally, until al dente, about 12 minutes. Reserve 1 1/2 cups pasta cooking water, then drain pasta well and transfer to a large bowl.
- Add mascarpone and stir until melted.
- Add reserved cooking water, tomatoes, half of parmesan, 3 tablespoons chives, 3/4 teaspoon salt, and 1/2 teaspoon black pepper and toss well, then cool to warm.
- Butter a 3-quart (13- by 9-inch) gratin or other shallow baking dish. Toss pasta mixture again, then spoon into gratin dish.
- Sprinkle remaining parmesan over top.
- Bake pasta until golden and bubbly, 18 to 20 minutes.
- Sprinkle with remaining tablespoon chives.
- Pasta can be prepared, but not baked, 3 hours ahead and kept, uncovered, at room temperature. · You can serve the freshly tossed pasta without baking it.
- Sprinkle with remaining parmesan and chives.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:22.85, Inflammation Score:-8, Nutrition Score:18.094782520895%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 585.63kcal (29.28%), Fat: 26.73g (41.12%), Saturated Fat: 16.1g (100.6%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 60.76g (22.09%), Sugar: 6.11g (6.79%), Cholesterol: 58.21mg (19.4%), Sodium: 314.72mg (13.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.3%), Selenium: 52.33µg (74.76%), Vitamin C: 36.93mg (44.76%), Manganese: 0.87mg (43.42%), Vitamin A: 1630.24IU (32.6%), Phosphorus: 303.68mg (30.37%), Calcium: 297.72mg (29.77%), Copper: 0.34mg (17.24%), Magnesium: 62.3mg (15.57%), Potassium: 532.69mg (15.22%), Fiber: 3.56g (14.26%), Vitamin B6: 0.25mg (12.47%), Iron: 2.22mg (12.33%), Zinc: 1.75mg (11.7%), Vitamin B3: 2.18mg (10.9%), Folate: 37.03µg (9.26%), Vitamin B1: 0.13mg (8.84%), Vitamin B2: 0.14mg (8.08%), Vitamin K: 8.33µg (7.93%), Vitamin E: 1.01mg (6.71%), Vitamin B5: 0.61mg (6.1%), Vitamin B12: 0.2µg (3.33%)