



 **56%**
HEALTH SCORE

Fusilli with Roasted Tomato Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons olive oil extra virgin divided
- 2.5 tablespoons basil fresh chopped
- 2.5 tablespoons basil fresh chopped
- 3.5 cups rotini pasta hot cooked uncooked (8 ounces pasta)
- 2 garlic chopped
- 3 garlic crushed
- 1 ounce parmesan fresh grated

- 0.8 teaspoon salt divided
- 3.5 pounds tomatoes cored seeded cut in half crosswise, and
- 1 teaspoon frangelico dried fresh chopped

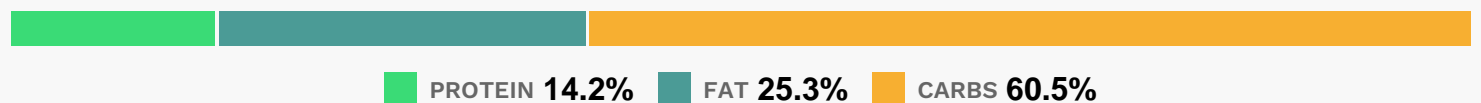
Equipment

- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 400
- Brush a jelly roll pan or shallow roasting pan with 1 tablespoon oil. Arrange tomatoes in a single layer, cut sides down, in pan. Arrange crushed garlic around tomatoes; sprinkle tomatoes with thyme and 1/4 teaspoon salt.
- Bake at 400 for 30 minutes; drain juices from pan.
- Bake an additional 30 minutes.
- Remove tomatoes from pan; cool slightly. Discard juice and crushed garlic. Peel and coarsely chop tomatoes.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-low heat.
- Add chopped garlic, and cook 2 minutes, stirring frequently.
- Add chopped tomatoes and basil, and cook 3 minutes or until thoroughly heated. Stir in 1/2 teaspoon salt and pepper.
- Add pasta, and toss to coat.
- Sprinkle with cheese; garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:20.26, Inflammation Score:0, Nutrition Score:24.017826084857%

Flavonoids

Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 362.35kcal (18.12%), Fat: 10.46g (16.09%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 49.66g (18.06%), Sugar: 11.94g (13.27%), Cholesterol: 4.82mg (1.61%), Sodium: 573.46mg (24.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.41%), Vitamin A: 3494.37IU (69.89%), Vitamin C: 55.99mg (67.87%), Manganese: 1.04mg (52.19%), Selenium: 35.32µg (50.46%), Vitamin K: 46.38µg (44.18%), Potassium: 1088.47mg (31.1%), Fiber: 6.59g (26.37%), Phosphorus: 251mg (25.1%), Vitamin B6: 0.45mg (22.46%), Vitamin E: 3.25mg (21.66%), Copper: 0.41mg (20.55%), Magnesium: 77.36mg (19.34%), Folate: 71.31µg (17.83%), Vitamin B3: 3.32mg (16.6%), Calcium: 146.74mg (14.67%), Vitamin B1: 0.21mg (13.69%), Iron: 2.01mg (11.17%), Zinc: 1.68mg (11.17%), Vitamin B2: 0.14mg (8.04%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.09µg (1.42%)