



WHATSheATE



Garden Pot Pappardelle



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup purple basil leaves chopped
- ☐ 3 servings pepper black freshly ground
- ☐ 2 tablespoons chives chopped
- ☐ 3 garlic cloves unpeeled
- ☐ 1 jalapeño chile
- ☐ 3 servings kosher salt
- ☐ 8 ounces soup noodles such as pappardelle
- ☐ 1 pound tomatoes cut in half horizontally

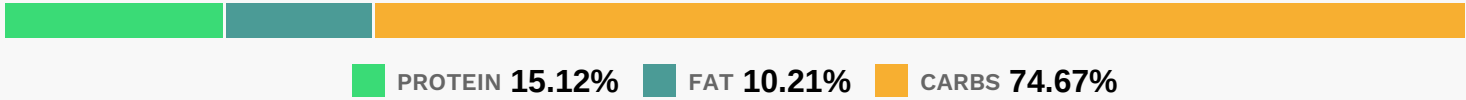
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Line a rimmed baking sheet with foil. Top with tomatoes, cut side up, garlic, and jalapeo. Roast until tomato softens and jalapeo is beginning to blacken, about 20 minutes.
- ☐ Meanwhile, cook pasta as package directs. When roasted vegetables are cool enough to handle, finely chop jalapeo, peel, smoosh and chop garlic, and chop tomato. Stir this mixture in a bowl and season with salt and pepper.
- ☐ Drain pasta and toss with tomato sauce. Plate and top each portion with basil and chives.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:24.53, Inflammation Score:-8, Nutrition Score:18.503043226574%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 324.65kcal (16.23%), Fat: 3.72g (5.73%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 56.65g (20.6%), Sugar: 5.66g (6.29%), Cholesterol: 63.5mg (21.17%), Sodium: 218.04mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Selenium: 60.05µg (85.78%), Manganese: 0.92mg (45.85%), Vitamin C: 28.71mg (34.8%), Vitamin A: 1550.03IU (31%), Vitamin K: 25.96µg

(24.72%), Phosphorus: 226.72mg (22.67%), Fiber: 4.61g (18.44%), Vitamin B6: 0.35mg (17.36%), Copper: 0.34mg (16.86%), Potassium: 579.59mg (16.56%), Magnesium: 64.22mg (16.06%), Vitamin B3: 2.6mg (12.99%), Vitamin B1: 0.19mg (12.98%), Folate: 49.43µg (12.36%), Zinc: 1.78mg (11.86%), Iron: 2.01mg (11.19%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 1.29mg (8.58%), Vitamin B2: 0.11mg (6.31%), Calcium: 53.51mg (5.35%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.23µg (1.51%)