



## Gemelli with Roasted Fennel and Sun-Dried Tomatoes

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2.3 pounds fennel bulbs
- 3 ounces feta cheese crumbled
- 3 tablespoons basil fresh chopped
- 0.3 cup parsley fresh chopped
- 0.8 pound gemelli tube-shaped uncooked (short pasta)
- 2 teaspoons lemon rind fresh grated

- 0.5 cup oil-packed sun-dried tomatoes drained
- 2 tablespoons olive oil divided
- 1 teaspoon salt divided

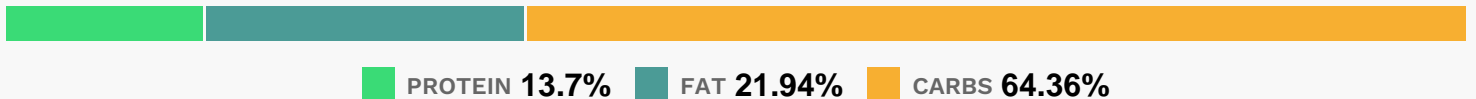
## Equipment

- frying pan
- oven
- roasting pan

## Directions

- Preheat oven to 42
- Trim tough outer leaves from fennel.
- Cut fennel bulbs in half crosswise; discard cores.
- Cut into 1/2-inch-thick pieces.
- Place fennel pieces in a large roasting pan. Coat fennel with cooking spray.
- Add 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper; toss to coat.
- Bake at 425 for 20 minutes. Stir fennel; bake an additional 10 minutes or until tender.
- Cook pasta according to package directions, omitting salt and fat.
- Drain, reserving 2 tablespoons pasta cooking water. Return pasta to pan.
- Add reserved pasta cooking water, fennel, remaining 1 tablespoon oil, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, feta, and remaining ingredients; toss well.

## Nutrition Facts



## Properties

Glycemic Index:69.5, Glycemic Load:32.45, Inflammation Score:-8, Nutrition Score:32.840000124081%

## Flavonoids

Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 551.12kcal (27.56%), Fat: 13.82g (21.27%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 91.23g (30.41%), Net Carbohydrates: 78.59g (28.58%), Sugar: 17.55g (19.5%), Cholesterol: 18.92mg (6.31%), Sodium: 978.66mg (42.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Vitamin K: 238.96µg (227.58%), Selenium: 59.51µg (85.02%), Manganese: 1.58mg (79.18%), Vitamin C: 42.56mg (51.58%), Fiber: 12.64g (50.56%), Potassium: 1761.08mg (50.32%), Phosphorus: 412.45mg (41.24%), Copper: 0.63mg (31.61%), Magnesium: 122.59mg (30.65%), Calcium: 273.54mg (27.35%), Folate: 107.24µg (26.81%), Iron: 4.71mg (26.18%), Vitamin B3: 4.6mg (23.02%), Vitamin B2: 0.39mg (22.67%), Vitamin B6: 0.38mg (19.23%), Vitamin A: 948.69IU (18.97%), Vitamin E: 2.67mg (17.78%), Zinc: 2.65mg (17.7%), Vitamin B5: 1.48mg (14.76%), Vitamin B1: 0.21mg (14.13%), Vitamin B12: 0.36µg (5.99%)