



Gemelli with Roasted Red Pepper Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 cup chicken stock see dry white
- ☐ 6 servings top
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons olive oil extra-virgin 2 turns around the pan in a slow stream
- ☐ 1 pound gemelli pasta thin twists
- ☐ 16 ounce roasted peppers drained

- ☐ 6 servings romano grated
- ☐ 6 servings salt and pepper
- ☐ 1 large shallots finely chopped

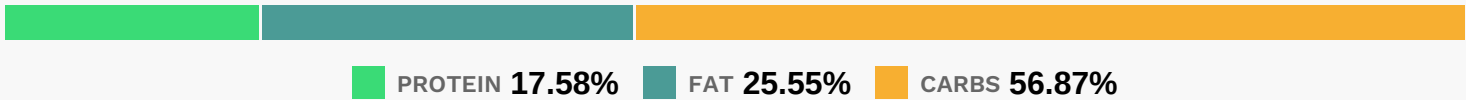
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Place a large pot of water on the stove and bring to a boil. Salt the water and cook gemelli to al dente (with a bite to it), about 9 minutes.
- ☐ Grind drained roasted peppers in a food processor.
- ☐ Heat a large skillet over moderate heat.
- ☐ Add extra virgin olive oil, garlic, and shallots to the pan.
- ☐ Saute garlic and shallots 3 minutes, stir in roasted peppers.
- ☐ Saute pepper paste 2 minutes, stir in wine or chicken stock, reduce liquid for 1 or 2 minutes. Stir in tomatoes and parsley. Season sauce with salt and pepper and simmer until ready to serve.
- ☐ Toss hot pasta with sauce and transfer to a serving dish. Pass grated Romano and crusty bread at table.

Nutrition Facts



Properties

Glycemic Index:49.08, Glycemic Load:26.52, Inflammation Score:-8, Nutrition Score:24.730869521265%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 534.02kcal (26.7%), Fat: 14.53g (22.35%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 66.73g (24.26%), Sugar: 8.83g (9.81%), Cholesterol: 31.2mg (10.4%), Sodium: 1777.06mg (77.26%), Alcohol: 4.12g (100%), Alcohol %: 1.43% (100%), Protein: 22.5g (44.99%), Selenium: 53.67µg (76.67%), Vitamin C: 48.86mg (59.22%), Manganese: 1.14mg (57.24%), Phosphorus: 441mg (44.1%), Calcium: 419.61mg (41.96%), Copper: 0.58mg (28.94%), Vitamin B6: 0.51mg (25.72%), Fiber: 6.04g (24.15%), Magnesium: 92.93mg (23.23%), Potassium: 743.67mg (21.25%), Iron: 3.82mg (21.23%), Vitamin K: 21.71µg (20.67%), Vitamin B3: 3.46mg (17.28%), Vitamin A: 858.47IU (17.17%), Vitamin E: 2.49mg (16.58%), Zinc: 2.43mg (16.18%), Vitamin B2: 0.26mg (15.33%), Vitamin B1: 0.21mg (14.1%), Folate: 49.09µg (12.27%), Vitamin B5: 0.89mg (8.92%), Vitamin B12: 0.34µg (5.6%)