



WHATShEATE



Mafalda with Creamy Roasted Garlic

 Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces fennel bulb
- ☐ 4 teaspoons olive oil
- ☐ 6 ounces soup noodles uncooked (mini-lasagna noodle)
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons parsley fresh chopped

☐ 0.5 cup frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350° F.
- ☐ Cut 1/4- inch slice from top of each garlic bulb to expose cloves.
- ☐ Place cut side up on piece of foil.
- ☐ Drizzle 2 teaspoons olive oil over each garlic bulb. Wrap foil tightly around each bulb.
- ☐ Bake 45 to 50 minutes or until garlic is tender when pierced with fork.
- ☐ Remove garlic from bulbs by squeezing from the bottom.
- ☐ Meanwhile, cook and drain pasta as directed on package. Keep warm.
- ☐ In 1-quart saucepan, mix roasted garlic, half-and-half, vinegar, salt and pepper. Cook over very low heat just until heated through. Stir in bell pepper and parsley. In large serving bowl, toss garlic sauce with pasta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.6, Glycemic Load:11.13, Inflammation Score:-6, Nutrition Score:9.0556521623031%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg,

Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 169.05kcal (8.45%), Fat: 3.82g (5.88%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 26.48g (9.63%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 248.69mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin K: 43.34µg (41.27%), Selenium: 21.68µg (30.97%), Vitamin C: 23.92mg (29%), Manganese: 0.39mg (19.6%), Vitamin A: 632.24IU (12.64%), Fiber: 2.18g (8.73%), Phosphorus: 81.2mg (8.12%), Magnesium: 25.03mg (6.26%), Potassium: 215.05mg (6.14%), Copper: 0.12mg (6.03%), Vitamin E: 0.88mg (5.85%), Folate: 21.55µg (5.39%), Vitamin B6: 0.1mg (5.2%), Iron: 0.82mg (4.58%), Vitamin B3: 0.89mg (4.46%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.04mg (2.83%), Vitamin B5: 0.25mg (2.54%), Vitamin B2: 0.04mg (2.48%), Calcium: 22.99mg (2.3%)