



WHATSheATE



Mixed Roasted Vegetables and Pasta



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium bell pepper green yellow cut into 1-inch pieces
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 medium onion separated cut into 8 wedges and
- ☐ 2 medium zucchini cut into 1-inch pieces
- ☐ 8 oz mushrooms whole
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 teaspoons seasoning italian

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups gemelli uncooked
- ☐ 2 medium tomatoes seeded cut into 2-inch pieces
- ☐ 8 oz highest available proof grain spirit shredded italian-style (2 cups)

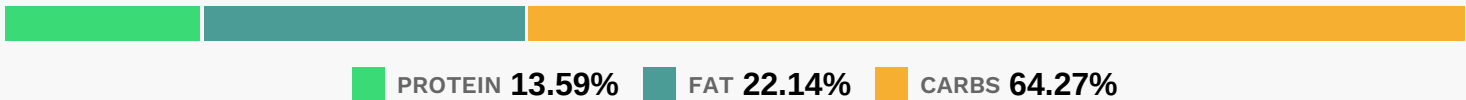
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ In 15x10x1-inch pan or shallow 3-quart casserole, place bell peppers, onion, zucchini and mushrooms.
- ☐ Sprinkle evenly with basil.
- ☐ In small bowl, mix oil, vinegar, Italian seasoning, salt and pepper; drizzle evenly over vegetables.
- ☐ Bake uncovered 25 to 30 minutes.
- ☐ Meanwhile, cook and drain pasta as directed on package.
- ☐ Reduce oven temperature to 350°F.
- ☐ Add tomatoes and pasta to vegetable mixture; toss to coat.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 15 minutes longer or until vegetables are tender and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:22.09, Inflammation Score:-9, Nutrition Score:22.04608701623%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 316.83kcal (15.84%), Fat: 8.08g (12.43%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 47.07g (17.12%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 209.31mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin C: 81.28mg (98.53%), Manganese: 0.98mg (49.08%), Phosphorus: 285.4mg (28.54%), Magnesium: 105.92mg (26.48%), Vitamin B3: 5.21mg (26.06%), Selenium: 17.55µg (25.07%), Vitamin B6: 0.47mg (23.75%), Copper: 0.47mg (23.63%), Vitamin K: 24.62µg (23.45%), Vitamin A: 1152.19IU (23.04%), Fiber: 5.72g (22.87%), Folate: 87.12µg (21.78%), Vitamin B2: 0.36mg (21.33%), Zinc: 3.15mg (20.97%), Potassium: 716.05mg (20.46%), Vitamin B5: 1.35mg (13.54%), Iron: 2.04mg (11.31%), Vitamin E: 1.63mg (10.88%), Vitamin B1: 0.16mg (10.84%), Calcium: 47.05mg (4.7%)