



## Mostaccioli with Roasted Tomato and Garlic (Cooking for 2)

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 garlic unpeeled
- 3 ounces mostaccioli pasta uncooked
- 2 ounces mozzarella cheese crumbled cubed
- 4 servings pepper freshly ground
- 4 medium plum tomatoes cut in half (Roma)
- 0.1 teaspoon salt
- 0.5 teaspoon sugar

2 tablespoons vegetable oil

## Equipment

baking sheet

oven

knife

aluminum foil

## Directions

Heat oven to 300°F. Line cookie sheet with foil; generously brush with 1 teaspoon of the oil. Arrange tomato halves, cut sides up, in single layer on cookie sheet; brush with 1 teaspoon of the oil.

Sprinkle with salt, sugar and pepper.

Cut 1/2 inch off top of garlic bulb; drizzle 1 teaspoon of the oil over garlic bulb. Wrap in foil; place on cookie sheet with tomatoes.

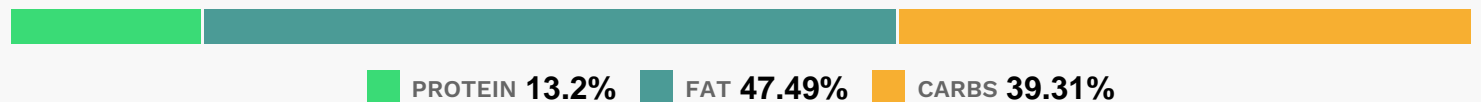
Bake 55 to 60 minutes or until garlic is soft when pierced with knife and tomatoes have begun to shrivel; cool slightly.

Cook and drain pasta as directed on package. Squeeze garlic into remaining 1 tablespoon oil and mash until smooth; toss with pasta.

Add tomato and basil; toss. Top with cheese.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:59.77, Glycemic Load:7.53, Inflammation Score:-5, Nutrition Score:6.9665216933126%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 195.97kcal (9.8%), Fat: 10.42g (16.03%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 17.94g (6.52%), Sugar: 2.85g (3.17%), Cholesterol: 11.2mg (3.73%), Sodium: 166.08mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Selenium: 15.96µg (22.8%), Vitamin K: 17.93µg (17.07%), Manganese: 0.3mg (14.77%), Vitamin A: 612.9IU (12.26%), Phosphorus: 106.55mg (10.65%), Vitamin C: 8.73mg (10.58%), Calcium: 84.1mg (8.41%), Vitamin E: 0.94mg (6.29%), Potassium: 209.49mg (5.99%), Fiber: 1.47g (5.86%), Zinc: 0.83mg (5.53%), Vitamin B12: 0.32µg (5.39%), Magnesium: 21.28mg (5.32%), Copper: 0.1mg (5.16%), Vitamin B6: 0.09mg (4.73%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.75mg (3.75%), Folate: 14.16µg (3.54%), Vitamin B1: 0.05mg (3.2%), Iron: 0.53mg (2.95%), Vitamin B5: 0.17mg (1.73%)