



Mostacioli with Fennel, Mint and Bread Crumbs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

Ingredients

- ☐ 1 cup breadcrumbs plus toasted
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 heads fennel bulb cut into 1/4-inch batonette
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 2 cloves garlic
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 6 tablespoons virgin olive oil

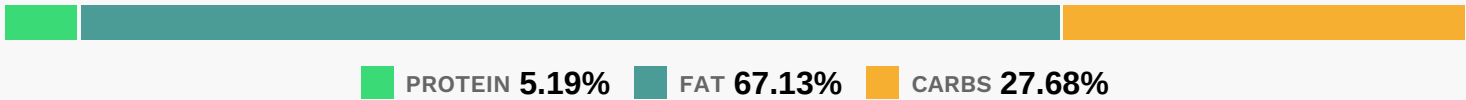
Equipment

☐ frying pan

Directions

- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ In a 12- to 14-inch saute pan, heat olive oil until smoking.
- ☐ Add garlic and fennel and cook, stirring frequently, until light golden brown and quite soft, about 10 minutes.
- ☐ Add 1 cup bread crumbs and crushed red pepper flakes and continue cooking 4 to 5 minutes.
- ☐ Cook pasta according to package instructions until just al dente and drain well.
- ☐ Pour hot pasta into pan, add mint and toss to mix well.
- ☐ Pour into warm serving dish, sprinkle with remaining breadcrumbs and fennel tops.
- ☐ Drizzle with extra virgin olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:18.17086934525%

Flavonoids

Eriodictyol: 4.74mg, Eriodictyol: 4.74mg, Eriodictyol: 4.74mg, Eriodictyol: 4.74mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 437.13kcal (21.86%), Fat: 33.56g (51.64%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 24.67g (8.97%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 295.65mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Vitamin K: 96.36µg (91.77%), Vitamin E: 6mg (40%), Manganese: 0.66mg (33.15%), Fiber: 6.47g (25.88%), Vitamin A: 1227.81IU (24.56%), Vitamin C: 18.1mg (21.94%), Vitamin B1: 0.29mg (19.33%), Potassium: 646.64mg (18.48%), Folate: 73.91µg (18.48%), Iron: 3.28mg (18.21%), Vitamin B3: 2.97mg (14.87%), Calcium: 143.71mg (14.37%), Phosphorus: 119.56mg (11.96%), Selenium: 8.24µg

(11.78%), Vitamin B2: 0.2mg (11.57%), Magnesium: 43.85mg (10.96%), Copper: 0.21mg (10.38%), Vitamin B6: 0.16mg (8.13%), Zinc: 0.85mg (5.69%), Vitamin B5: 0.49mg (4.85%), Vitamin B12: 0.09µg (1.57%)