Pasta alla Formiana

Vegetarian Dairy Free Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	6	325 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- [ ] 5 beefsteak tomatoes ripe sliced
- [ ] 0.5 teaspoon pepper black
- [ ] 28 ounce canned tomatoes with juice crushed canned
- [ ] 1 garlic clove coarsely chopped
- [ ] 1 teaspoon kosher salt
- [ ] 0.5 cup chicken broth low-sodium
- [ ] 4 tablespoons olive oil divided
- [ ] 2 tablespoons oregano dried

- [ ] 8 ounces penne pasta

Equipment

- [ ] food processor
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] baking pan

Directions

- [ ] Preheat oven to 45
- [ ] Spray an 8-inch square baking dish with cooking spray.
- [ ] In food processor, blend crushed tomatoes and juice, chicken broth, and garlic.
- [ ] Pour into a medium saucepan and bring to a boil. Stir in uncooked pasta, 3 tablespoons olive oil, oregano, salt, and pepper.
- [ ] Line bottom and sides of the baking dish with one-half to two-thirds of the tomato slices; pour in pasta mixture. Arrange remaining tomatoes on top.
- [ ] Drizzle with remaining olive oil.
- [ ] Put dish on a rimmed baking sheet; bake 30 minutes, or until tomatoes are slightly crispy and pasta is cooked. Cool 5 minutes.

Nutrition Facts

PROTEIN **11.9%** FAT **29.03%** CARBS **59.07%**

Properties

Glycemic Index:30.83, Glycemic Load:17.04, Inflammation Score:-10, Nutrition Score:23.926956595286%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg,

Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 11.04g (16.98%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 42.66g (15.51%), Sugar: 14.38g (15.98%), Cholesterol: 0mg (0%), Sodium: 585.27mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.37%), Vitamin C: 51.18mg (62.04%), Vitamin A: 2673.91IU (53.48%), Manganese: 1.03mg (51.28%), Vitamin K: 45.69µg (43.52%), Selenium: 24.84µg (35.48%), Potassium: 1185.73mg (33.88%), Vitamin E: 4.88mg (32.51%), Fiber: 7.88g (31.54%), Copper: 0.54mg (27.16%), Vitamin B6: 0.5mg (25.24%), Vitamin B3: 4.29mg (21.47%), Magnesium: 82.78mg (20.69%), Iron: 3.71mg (20.62%), Phosphorus: 191.17mg (19.12%), Folate: 70.5µg (17.62%), Vitamin B1: 0.24mg (16.15%), Calcium: 110.63mg (11.06%), Zinc: 1.45mg (9.63%), Vitamin B2: 0.16mg (9.46%), Vitamin B5: 0.8mg (8.04%)