

Pasta Rootanesca



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons capers
- ☐ 1 cup carrots diced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup fennel bulb diced
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 25.5 ounce tomatoes fat-free

- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 cups vermicelli hot cooked uncooked (12 ounces pasta)
- ☐ 1 cup water

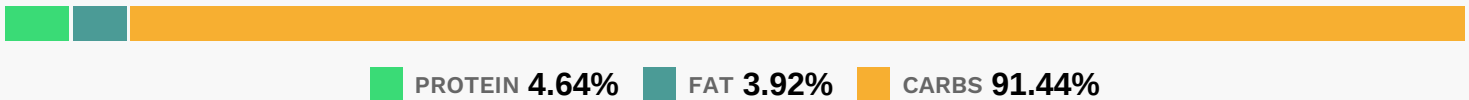
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over high heat.
- ☐ Add onion and next 5 ingredients (onion through red pepper); saut 5 minutes.
- ☐ Add water, capers, olives, vinegar, and marinara sauce, and bring to a simmer over medium heat, stirring frequently.
- ☐ Serve over vermicelli.

Nutrition Facts



Properties

Glycemic Index:76.71, Glycemic Load:175.11, Inflammation Score:-10, Nutrition Score:30.680000097855%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg, Kaempferol: 5.86mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 23.3mg, Quercetin: 23.3mg, Quercetin: 23.3mg, Quercetin: 23.3mg

Nutrients (% of daily need)

Calories: 1429.25kcal (71.46%), Fat: 6.09g (9.38%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 319.99g (106.66%), Net Carbohydrates: 308.06g (112.02%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 1788.84mg (77.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.45%), Vitamin A: 6239.42IU (124.79%), Manganese: 2.22mg (110.85%), Selenium: 55.74µg (79.62%), Phosphorus: 643.49mg (64.35%), Fiber: 11.92g (47.69%), Copper:

0.59mg (29.54%), Vitamin C: 23.95mg (29.03%), Potassium: 981.21mg (28.03%), Iron: 4.97mg (27.62%), Vitamin K: 27.29µg (25.99%), Vitamin E: 3.7mg (24.64%), Magnesium: 90.46mg (22.61%), Zinc: 3.35mg (22.31%), Vitamin B6: 0.42mg (20.87%), Vitamin B3: 3.21mg (16.05%), Vitamin B1: 0.22mg (14.75%), Calcium: 147.22mg (14.72%), Folate: 55.93µg (13.98%), Vitamin B2: 0.24mg (13.88%), Vitamin B5: 1mg (9.96%)