



Pasta Shells with Roasted Vegetables

READY IN



30 min.

SERVINGS



4

CALORIES



801 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce artichoke hearts in water drained quartered canned
- ☐ 0.5 cup balsamic vinegar
- ☐ 4 teaspoons dijon mustard
- ☐ 4 small eggplants quartered cut into 1-inch pieces
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 tablespoons rosemary leaves dried fresh chopped
- ☐ 4 tablespoons thyme leaves dried fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup chicken broth reduced-sodium

- ☐ 4 tablespoons olive oil
- ☐ 8 tablespoons parmesan grated
- ☐ 1 pound shells uncooked not jumbo
- ☐ 1 cup roasted peppers red chopped
- ☐ 1 teaspoon salt

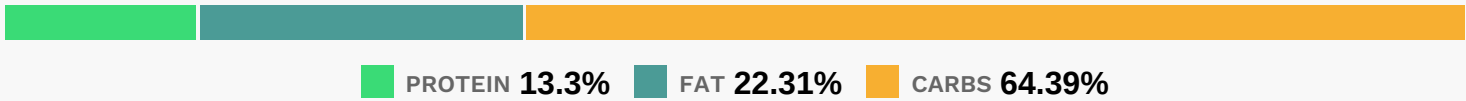
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ In a large bowl, combine eggplant, artichoke hearts, oil, thyme, and rosemary. Toss to coat vegetables with oil and herbs. Arrange vegetables on prepared baking sheet and roast 15 to 20 minutes, until golden brown and tender, turning halfway through cooking.
- ☐ Remove vegetables from oven and set aside.
- ☐ Meanwhile, cook pasta according to package directions, drain, and return to cooking pot. Stir in roasted vegetables and roasted red peppers.
- ☐ Whisk together chicken broth, vinegar, mustard, salt, and pepper.
- ☐ Pour mixture over pasta and toss to coat. Stir in basil. Spoon mixture into shallow bowls and sprinkle Parmesan over top.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:41.23, Inflammation Score:-10, Nutrition Score:35.398260721694%

Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 801.13kcal (40.06%), Fat: 19.96g (30.71%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 129.65g (43.22%), Net Carbohydrates: 107.3g (39.02%), Sugar: 25.73g (28.59%), Cholesterol: 6.8mg (2.27%), Sodium: 2050.83mg (89.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.55%), Manganese: 2.45mg (122.63%), Selenium: 77.13µg (110.19%), Fiber: 22.36g (89.42%), Vitamin C: 38.34mg (46.47%), Phosphorus: 440.35mg (44.03%), Potassium: 1521mg (43.46%), Copper: 0.85mg (42.5%), Magnesium: 154.19mg (38.55%), Vitamin K: 38.08µg (36.27%), Folate: 134.19µg (33.55%), Vitamin B6: 0.66mg (33.02%), Vitamin B3: 6.13mg (30.63%), Iron: 4.84mg (26.87%), Calcium: 251.44mg (25.14%), Vitamin E: 3.58mg (23.89%), Vitamin B1: 0.31mg (20.54%), Vitamin B2: 0.34mg (19.99%), Zinc: 2.95mg (19.69%), Vitamin B5: 1.9mg (18.99%), Vitamin A: 891.78IU (17.84%), Vitamin B12: 0.18µg (2.98%)