



WHATSHEATE



HEALTH SCORE

76%

Penne Pasta with Peppers



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cloves garlic chopped



2 tablespoons olive oil



1 pound penne pasta



3 bell peppers red chopped



2 onions red cut into strips



2 bell pepper yellow chopped

Equipment



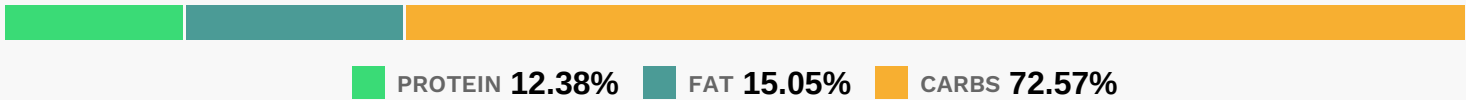
frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion, garlic, red bell peppers and yellow bell peppers and saute for 10 minutes or until tender.
- ☐ Pour this vegetable mixture over cooked pasta and serve.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:24.29, Inflammation Score:-9, Nutrition Score:18.910869712415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 364.06kcal (18.2%), Fat: 6.11g (9.4%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 61.63g (22.41%), Sugar: 6.08g (6.76%), Cholesterol: 0mg (0%), Sodium: 9.44mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Vitamin C: 151.97mg (184.21%), Selenium: 48.28µg (68.97%), Manganese: 0.87mg (43.52%), Vitamin A: 1943.1IU (38.86%), Vitamin B6: 0.4mg (20.18%), Fiber: 4.67g (18.68%), Phosphorus: 180.03mg (18%), Folate: 58.29µg (14.57%), Copper: 0.29mg (14.42%), Magnesium: 55.88mg (13.97%), Potassium: 435.81mg (12.45%), Vitamin E: 1.7mg (11.36%), Vitamin B3: 2.27mg (11.35%), Zinc: 1.36mg (9.04%), Vitamin B1: 0.13mg (8.68%), Iron: 1.54mg (8.56%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.63mg (6.32%), Vitamin K: 5.96µg (5.68%), Calcium: 34.69mg (3.47%)