



HEALTH SCORE

100%

## Penne with Baby Mozzarella, Tomatoes, and Herbs



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound baby mozzarella drained (boconccini)
- 4 servings pepper black freshly ground
- 0.5 cup flat-leaf parsley leaves roughly chopped
- 2 sprigs thyme leaves fresh
- 1 clove garlic smashed
- 0.5 cup kalamata olives pitted
- 0.5 teaspoon kosher salt as needed

- 2 tablespoons olive oil fruity extra-virgin for drizzling
- 4 sprigs oregano fresh
- 12 ounces penne rigate (corkscrews)
- 1.5 pounds tomatoes ripe

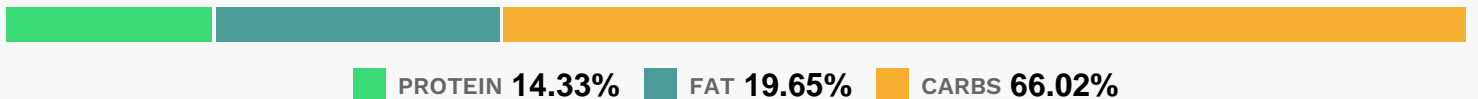
## Equipment

- bowl
- knife
- pot

## Directions

- Bring a large pot of cold water to a boil over high heat, then salt it generously, add the pasta, and cook, stirring occasionally, until al dente.
- Drain.
- Meanwhile, strip the leaves from the oregano and thyme sprigs. Chop them together with the garlic, 1/2 teaspoon salt, and the pepper, and then use the flat side of the knife to mash and smear the mixture to a coarse paste. Put in a bowl, along with the cheese, olive oil and toss to coat the cheese with the herb paste.
- Cut the tomatoes into pieces about the same size as the cheese. Gently fold the tomatoes, parsley, and olives in with the cheese.
- Add the drained pasta and toss, then drizzle over a bit of olive oil and toss again.
- Serve now or room temperature.

## Nutrition Facts



## Properties

Glycemic Index:67.08, Glycemic Load:31.85, Inflammation Score:-10, Nutrition Score:34.895652273427%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## **Nutrients (% of daily need)**

Calories: 534.22kcal (26.71%), Fat: 11.82g (18.18%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 89.39g (29.8%), Net Carbohydrates: 76.4g (27.78%), Sugar: 13.42g (14.91%), Cholesterol: 0mg (0%), Sodium: 578.25mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.79%), Vitamin K: 181.71µg (173.05%), Vitamin C: 79.72mg (96.63%), Selenium: 56.15µg (80.22%), Manganese: 1.59mg (79.26%), Vitamin A: 3040.91IU (60.82%), Fiber: 12.99g (51.97%), Phosphorus: 333.86mg (33.39%), Folate: 131.44µg (32.86%), Vitamin B1: 0.46mg (30.43%), Copper: 0.6mg (29.82%), Magnesium: 113.38mg (28.35%), Potassium: 950.83mg (27.17%), Iron: 4.67mg (25.93%), Vitamin B3: 5.07mg (25.36%), Vitamin B6: 0.49mg (24.63%), Vitamin E: 3.23mg (21.56%), Zinc: 3.06mg (20.37%), Vitamin B2: 0.26mg (15.03%), Calcium: 118.36mg (11.84%), Vitamin B5: 0.7mg (6.96%)