



Penne with Corn, Roasted Poblanos, Avocado, and Tomato

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado peeled chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups penne pasta hot cooked uncooked (8 ounces pasta)
- ☐ 2 ears shucked corn
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2 cups grape tomatoes halved
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup onion finely chopped
- ☐ 2 poblano peppers
- ☐ 3 ounces queso fresco
- ☐ 2 bell peppers red
- ☐ 1 teaspoon salt

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut poblano and bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand.
- ☐ Add corn to baking sheet. Broil 18 minutes or until peppers are blackened and corn is lightly browned, turning corn occasionally.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and coarsely chop.
- ☐ Cut kernels from ears of corn.
- ☐ Combine juice, oil, salt, black pepper, cumin, and garlic in a large bowl; stir.
- ☐ Add peppers, corn, pasta, and remaining ingredients except cheese; toss. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:36.81, Glycemic Load:7.48, Inflammation Score:-9, Nutrition Score:14.737826062285%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 204.74kcal (10.24%), Fat: 8.95g (13.76%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 21.97g (7.99%), Sugar: 5.93g (6.58%), Cholesterol: 7.34mg (2.45%), Sodium: 381.47mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin C: 74.01mg (89.71%), Vitamin A: 1554.6IU (31.09%), Fiber: 4.9g (19.59%), Selenium: 13.71µg (19.59%), Manganese: 0.38mg (18.93%), Vitamin B6: 0.33mg (16.46%), Folate: 60.3µg (15.07%), Vitamin K: 14.98µg (14.26%), Potassium: 459.81mg (13.14%), Phosphorus: 129.25mg (12.93%), Vitamin E: 1.66mg (11.1%), Magnesium: 39.66mg (9.91%), Vitamin B3: 1.71mg (8.54%), Calcium: 83.45mg (8.34%), Copper: 0.17mg (8.33%), Vitamin B1: 0.12mg (8.24%), Vitamin B5: 0.79mg (7.89%), Iron: 1.32mg (7.32%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.29µg (1.91%)