



Penne with Dried Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz canned tomatoes italian-style canned
- ☐ 0.3 cup cider vinegar
- ☐ 1.5 oz tomatoes dried cut into 1/2-inch-wide strips
- ☐ 2 cloves garlic minced pressed
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup parsley chopped
- ☐ 0.8 pound penne pasta dried
- ☐ 2 ounces thin- prosciutto cut into thin slivers
- ☐ 4 servings salt and pepper

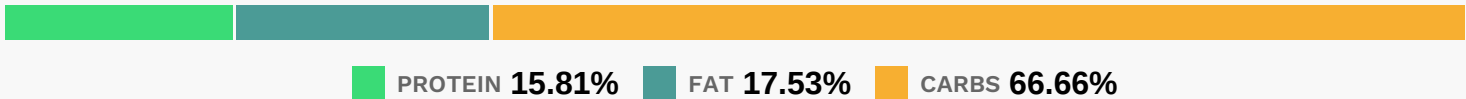
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, combine vinegar, 1/3 cup water, and dried tomatoes.
- ☐ Heat, covered, in a microwave oven at full power (100%) until steaming, about 45 seconds.
- ☐ Let stand, stirring occasionally, until tomatoes are soft, about 20 minutes.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add the penne pasta and cook until it's barely tender to bite, 10 to 12 minutes.
- ☐ Drain.
- ☐ As pasta cooks, lay prosciutto strips on a microwave-safe plate and heat in a microwave oven at full power (100%), stirring once, just until hot, 15 to 20 seconds.
- ☐ Also, pour canned tomatoes into a strainer over a large bowl, then chop the tomatoes and add to juices in bowl.
- ☐ Add dried tomatoes and soaking liquid, garlic, parsley, pasta, and olive oil.
- ☐ Mix, and add prosciutto and 1/4 cup cheese.
- ☐ Mix again, and add salt, pepper, and more cheese to taste.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:29.43, Inflammation Score:-8, Nutrition Score:25.857391007569%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 469.7kcal (23.49%), Fat: 9.2g (14.16%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 78.73g (26.24%), Net Carbohydrates: 72.4g (26.33%), Sugar: 11.15g (12.39%), Cholesterol: 13.61mg (4.54%), Sodium: 550.01mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.35%), Vitamin K: 133.42µg (127.07%), Selenium: 59.47µg (84.96%), Manganese: 1.26mg (63.03%), Copper: 0.62mg (30.83%), Phosphorus: 304.63mg (30.46%), Vitamin C: 24.39mg (29.56%), Potassium: 961.75mg (27.48%), Fiber: 6.33g (25.31%), Magnesium: 96.54mg (24.13%), Iron: 4.1mg (22.75%), Vitamin B3: 4.4mg (22.01%), Vitamin A: 1007.48IU (20.15%), Vitamin B6: 0.38mg (19.21%), Vitamin B1: 0.26mg (17.56%), Calcium: 154.99mg (15.5%), Zinc: 2.14mg (14.29%), Folate: 48.24µg (12.06%), Vitamin B2: 0.2mg (11.74%), Vitamin E: 1.56mg (10.37%), Vitamin B5: 1.03mg (10.3%), Vitamin B12: 0.15µg (2.43%)