



## Penne with Lemon and Root Vegetables

READY IN



50 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 celery stalks divided chopped
- 2 large garlic clove peeled
- 0.3 teaspoon nutmeg (scant)
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.8 cup parmesan cheese finely grated
- 8 ounces penne pasta whole
- 5 cups roasted root vegetable vinaigrette assorted peeled

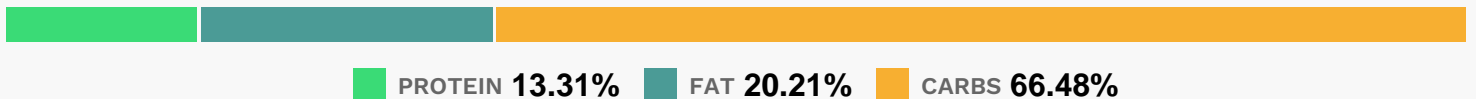
### Equipment

- bowl
- frying pan
- pot

## Directions

- Heat extra-virgin olive oil in large nonstick skillet over medium heat.
- Add assorted root vegetables; sprinkle with salt and pepper. Sauté 9 minutes. Using garlic press, squeeze in garlic.
- Add sliced celery stalks. Sauté vegetables 1 minute longer.
- Add 1 cup water. Cover and simmer until vegetables are tender, stirring occasionally, 12 to 15 minutes.
- Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain, reserving 1 cup cooking liquid.
- Add pasta to vegetables in skillet.
- Add 3/4 cup reserved cooking liquid, finely grated Parmesan cheese, finely grated lemon peel, ground nutmeg, and 4 tablespoons chopped celery leaves. Toss until heated through and sauce coats pasta, adding more cooking liquid if pasta is dry, about 2 minutes. Season pasta to taste with salt and pepper.
- Transfer pasta to bowls; sprinkle with remaining 2 tablespoons chopped celery leaves.
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 56.5, Glycemic Load: 28.51, Inflammation Score: -6, Nutrition Score: 22.84913046982%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.68mg,

Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 448.09kcal (22.4%), Fat: 10.16g (15.63%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 75.19g (25.06%),  
Net Carbohydrates: 65.14g (23.69%), Sugar: 9.58g (10.65%), Cholesterol: 16.31mg (5.44%), Sodium: 350.1mg  
(15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.11%), Manganese: 1.5mg (74.88%), Selenium:  
45.61µg (65.16%), Fiber: 10.05g (40.2%), Vitamin K: 40.5µg (38.57%), Vitamin C: 28.8mg (34.9%), Phosphorus:  
347.11mg (34.71%), Folate: 123.58µg (30.89%), Calcium: 241.29mg (24.13%), Potassium: 796.06mg (22.74%),  
Magnesium: 85.65mg (21.41%), Vitamin E: 3.15mg (20.97%), Copper: 0.38mg (18.87%), Zinc: 2.61mg (17.43%),  
Vitamin B1: 0.21mg (13.97%), Vitamin B6: 0.27mg (13.28%), Vitamin B5: 1.32mg (13.17%), Vitamin B2: 0.18mg (10.86%),  
Vitamin B3: 2.16mg (10.8%), Iron: 1.86mg (10.31%), Vitamin B12: 0.25µg (4.22%), Vitamin A: 171.43IU (3.43%)