



Penne with Lemon and Root Vegetables

READY IN



50 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 celery stalks divided chopped
- ☐ 2 large garlic cloves peeled
- ☐ 0.3 teaspoon ground nutmeg (scant)
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.8 cup parmesan cheese finely grated
- ☐ 8 ounces grain penne whole
- ☐ 5 cups x) assorted peeled

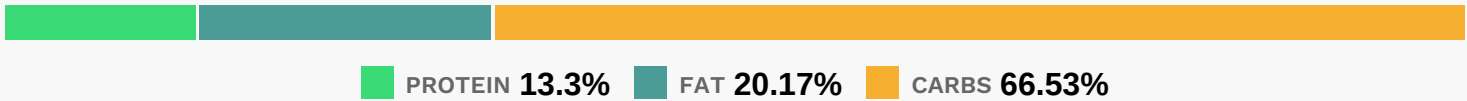
Equipment

- ☐ 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:23.019999706227%

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: 448.79kcal (22.44%), Fat: 10.17g (15.64%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 75.43g (25.14%), Net Carbohydrates: 65.22g (23.72%), Sugar: 9.65g (10.72%), Cholesterol: 16.31mg (5.44%), Sodium: 350.19mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Manganese: 1.5mg (74.88%), Selenium: 45.62µg (65.17%), Fiber: 10.21g (40.84%), Vitamin K: 40.5µg (38.57%), Vitamin C: 30.73mg (37.25%), Phosphorus: 347.3mg (34.73%), Folate: 123.77µg (30.94%), Calcium: 243.3mg (24.33%), Potassium: 798.46mg (22.81%), Magnesium: 85.87mg (21.47%), Vitamin E: 3.15mg (21%), Copper: 0.38mg (18.94%), Zinc: 2.62mg (17.46%), Vitamin B1: 0.21mg (14.03%), Vitamin B6: 0.27mg (13.41%), Vitamin B5: 1.32mg (13.21%), Vitamin B2: 0.19mg (10.93%), Vitamin B3: 2.17mg (10.83%), Iron: 1.87mg (10.37%), Vitamin B12: 0.25µg (4.22%), Vitamin A: 172.18IU (3.44%)