



Penne with Mango Chile Sauce

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 4 ounce olives black pitted canned
- 14.5 ounce canned tomatoes whole peeled canned
- 0.5 cinnamon sticks
- 1 cup cilantro leaves fresh chopped
- 2 tablespoons honey
- 1 mangos diced peeled seeded
- 16 ounce penne pasta dry

- 1 small chile pepper fresh diced red
- 2 onions red cut into strips
- 0.5 cup red wine
- 1.5 tablespoons red wine vinegar
- 6 servings salt to taste
- 3 tablespoons vegetable oil

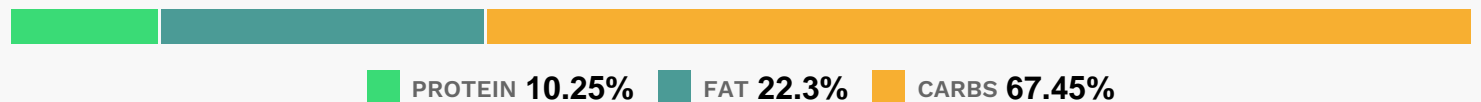
Equipment

- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add penne pasta, and cook for 9 to 13 minutes or until al dente; drain.
- Heat oil in a medium saucepan over medium heat, and stir in mango, red onions, and chile pepper. Cook for about 5 minutes, until onions are tender.
- Mix in tomatoes and wine. Stir in the bay leaf, cloves, and cinnamon stick. Cook, stirring occasionally, for about 10 minutes.
- Remove bay leaf, cloves, and cinnamon stick from the mango mixture. Season with salt.
- Mix in honey and red wine vinegar.
- Serve over cooked pasta with cilantro and olives.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:29.19, Inflammation Score:-8, Nutrition Score:16.849130236584%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 458.38kcal (22.92%), Fat: 11.14g (17.14%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 75.82g (25.27%), Net Carbohydrates: 70.56g (25.66%), Sugar: 16.33g (18.14%), Cholesterol: 0mg (0%), Sodium: 596.26mg (25.92%), Alcohol: 2.12g (100%), Alcohol %: 0.95% (100%), Protein: 11.52g (23.04%), Selenium: 48.57µg (69.39%), Manganese: 0.93mg (46.35%), Vitamin C: 33.21mg (40.26%), Vitamin K: 25.92µg (24.68%), Fiber: 5.26g (21.05%), Phosphorus: 182.01mg (18.2%), Copper: 0.36mg (18.15%), Vitamin B6: 0.33mg (16.5%), Vitamin A: 782.1IU (15.64%), Magnesium: 62.11mg (15.53%), Vitamin E: 2.27mg (15.12%), Potassium: 486.75mg (13.91%), Iron: 2.17mg (12.05%), Vitamin B3: 2.27mg (11.36%), Folate: 45.22µg (11.31%), Vitamin B1: 0.14mg (9.17%), Zinc: 1.35mg (8.98%), Vitamin B2: 0.13mg (7.48%), Calcium: 67.43mg (6.74%), Vitamin B5: 0.57mg (5.66%)