



Penne with Roasted-Pepper Marinara Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 ounce tomatoes diced undrained canned
- ☐ 6 cups penne pasta hot cooked uncooked (3 cups tube shaped pasta)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon basil dried
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onion finely chopped
- ☐ 2 cups bottled roasted bell peppers red coarsely chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon sugar

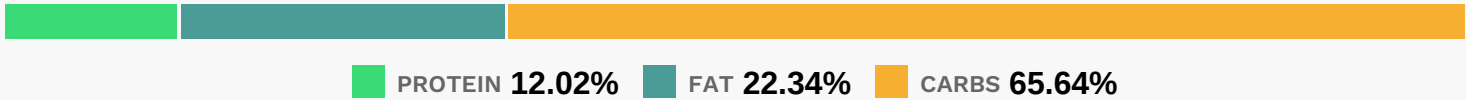
Equipment

- ☐ frying pan

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic; saut for 6 minutes or until tender.
- ☐ Add bell peppers and the next 5 ingredients (bell peppers through tomatoes); bring to a boil. Reduce heat, and simmer for 20 minutes, stirring occasionally.
- ☐ Remove from heat; stir in oil.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:13.34, Inflammation Score:-6, Nutrition Score:13.127826027248%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 229.94kcal (11.5%), Fat: 5.87g (9.02%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 34.33g (12.48%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 936.47mg (40.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.21%), Vitamin C: 38.03mg (46.1%), Selenium: 23.24µg (33.2%), Manganese: 0.61mg (30.3%), Iron: 3.55mg (19.72%), Vitamin B6: 0.36mg (18.01%), Fiber: 4.46g (17.85%), Vitamin K: 18.5µg (17.61%), Copper: 0.28mg (13.84%), Potassium: 448.79mg (12.82%), Vitamin E: 1.77mg (11.78%), Magnesium: 44.87mg (11.22%), Phosphorus: 101.4mg (10.14%), Calcium: 95.7mg (9.57%), Vitamin A: 433.63IU (8.67%), Folate: 34.13µg (8.53%), Vitamin B3: 1.67mg (8.38%), Vitamin B1: 0.11mg (7.56%), Vitamin B2: 0.13mg

(7.54%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.34mg (3.42%)