



WHATSheATE



HEALTH SCORE

53%

Penne with Roasted-Tomato Sauce, Orange, and Olives

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup basil fresh chopped
- ☐ 4 garlic cloves coarsely chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion halved lengthwise cut into thin wedges
- ☐ 0.5 cup orange juice
- ☐ 1 tablespoon orange peel grated
- ☐ 0.3 cup pecorino romano cheese freshly grated

- ☐ 8 ounces penne pasta
- ☐ 2 pounds plum tomatoes cut into 6 wedges

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Position 1 rack in bottom third of oven and 1 rack in middle of oven; preheat to 450°F. Spray 2 rimmed baking sheets with nonstick spray.
- ☐ Spread tomatoes on 1 sheet and onion on second sheet.
- ☐ Drizzle 1 tablespoon oil over vegetables on each.
- ☐ Sprinkle garlic and orange peel over both.
- ☐ Sprinkle with salt and pepper. Roast until vegetables are very tender and brown around edges, stirring occasionally, about 30 minutes for onion and 45 minutes for tomatoes. Cool slightly.
- ☐ Pour 1/4 cup orange juice over vegetables on each sheet, scraping up any browned bits from bottom of sheets.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite. Reserve 1/2 cup pasta cooking water.
- ☐ Drain pasta; return to pot.
- ☐ Add tomato and onion mixtures, basil, and olives to pasta. Stir over medium heat until heated through, adding enough reserved pasta cooking water to moisten.
- ☐ Transfer to bowl.
- ☐ Sprinkle with cheese.
- ☐ Per serving: calories, 376; total fat, 10 g; saturated fat, 2 g; cholesterol, 7 mg
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 12.72%**  **FAT 26.48%**  **CARBS 60.8%**

Properties

Glycemic Index:71.5, Glycemic Load:21.92, Inflammation Score:-9, Nutrition Score:20.70913023858%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 381.39kcal (19.07%), Fat: 11.42g (17.57%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 53.35g (19.4%), Sugar: 11.38g (12.65%), Cholesterol: 6.5mg (2.17%), Sodium: 223.65mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin C: 52.39mg (63.51%), Selenium: 37.44µg (53.48%), Manganese: 0.92mg (46.07%), Vitamin A: 2254.8IU (45.1%), Vitamin K: 41.31µg (39.34%), Phosphorus: 230.1mg (23.01%), Potassium: 803.57mg (22.96%), Fiber: 5.64g (22.55%), Vitamin B6: 0.36mg (18.1%), Copper: 0.36mg (18.09%), Vitamin E: 2.69mg (17.94%), Magnesium: 68.61mg (17.15%), Folate: 63.04µg (15.76%), Calcium: 131.09mg (13.11%), Vitamin B3: 2.57mg (12.83%), Vitamin B1: 0.19mg (12.59%), Iron: 1.8mg (10.02%), Zinc: 1.49mg (9.91%), Vitamin B2: 0.13mg (7.39%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.07µg (1.17%)