



Penne with Roasted Tomatoes, Garlic, and White Beans

 Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 15 ounce .5 can cannellini beans canned
- ☐ 0.3 cup basil leaves fresh
- ☐ 4 cloves garlic unpeeled
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 0.5 pound penne pasta

- ☐ 0.3 teaspoon salt
- ☐ 3 large tomatoes cut into wedges

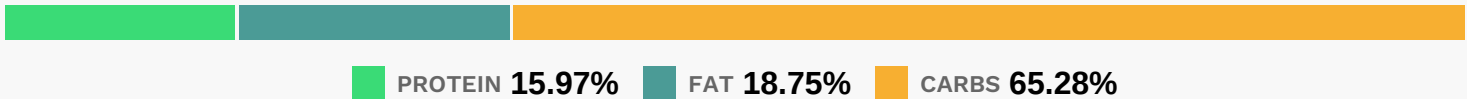
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Slice each tomato into 8 wedges and discard the seeds.
- ☐ Put the tomato wedges and garlic into a 9 by 13-inch roasting pan.
- ☐ Drizzle with 1 tablespoon of olive oil and sprinkle with salt and a few turns of pepper. Roast in the oven, uncovered, for 40 minutes.
- ☐ Drain the beans into a large colander in the sink. Cook the pasta according to the directions on the package.
- ☐ Drain the pasta into the colander containing the beans, so the hot pasta water will warm the beans. Return drained pasta and beans to the pasta pot.
- ☐ When the tomatoes are done, pick out the garlic cloves, squeeze the garlic out of the skin into a small bowl and mash with a fork.
- ☐ Pour the roasted tomatoes into the pasta pot, add the garlic, the remaining 1 tablespoon of olive oil, the basil and additional salt and pepper, to taste. Toss to combine.
- ☐ Serve topped with the Parmesan.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:24.14, Inflammation Score:-8, Nutrition Score:20.931304001938%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 432.86kcal (21.64%), Fat: 9.11g (14.02%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 71.36g (23.79%), Net Carbohydrates: 62.69g (22.8%), Sugar: 5.47g (6.07%), Cholesterol: 1.7mg (0.57%), Sodium: 201.66mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.91%), Manganese: 1.3mg (65.2%), Selenium: 38.53µg (55.05%), Fiber: 8.67g (34.67%), Potassium: 952.78mg (27.22%), Phosphorus: 259.6mg (25.96%), Magnesium: 102.27mg (25.57%), Copper: 0.51mg (25.4%), Folate: 101.08µg (25.27%), Iron: 4.45mg (24.74%), Vitamin A: 1236.51IU (24.73%), Vitamin C: 19.91mg (24.13%), Vitamin K: 24.62µg (23.45%), Vitamin E: 2.67mg (17.79%), Zinc: 2.34mg (15.6%), Vitamin B6: 0.31mg (15.58%), Calcium: 141.45mg (14.15%), Vitamin B1: 0.21mg (14.08%), Vitamin B3: 1.94mg (9.69%), Vitamin B2: 0.11mg (6.6%), Vitamin B5: 0.6mg (5.96%)