 **73%**
HEALTH SCORE

Penne with Romesco Sauce

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 2 tablespoons parsley fresh chopped
- 1 garlic clove halved
- 1 tablespoon olive oil
- 8 ounces penne pasta
- 1.5 pounds bell peppers red
- 1 tablespoon sherry vinegar
- 0.5 cup slivered almonds toasted

1 slice bread white

Equipment

food processor

bowl

frying pan

baking sheet

ziploc bags

Directions

Cut bell peppers in half lengthwise; discard seeds and membranes.

Place bell pepper halves, skin sides up, on a baking sheet coated with cooking spray; flatten with hand. Broil 15 minutes or until blackened.

Place in a zip-top plastic bag; seal.

Let stand until cool. Peel and chop.

Cook pasta according to package directions, omitting salt and fat.

Rub both sides of bread with garlic halves; brush with oil. Mince garlic; set aside.

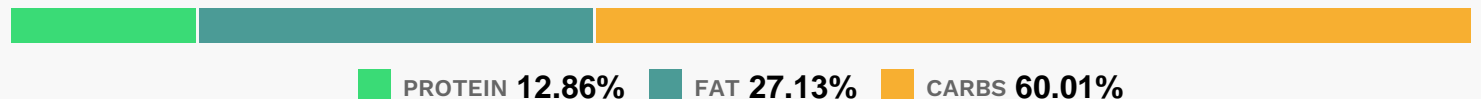
Heat a small skillet over medium-high heat; add bread. Cook 45 seconds per side or until lightly brown.

Combine bell peppers, bread, garlic, almonds, vinegar, and crushed red pepper in a food processor. Process until smooth.

Combine pasta and sauce in a large bowl; toss gently to coat.

Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:21.56, Inflammation Score:-10, Nutrition Score:28.443043480749%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 383.46kcal (19.17%), Fat: 11.86g (18.25%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 51.69g (18.8%), Sugar: 9.61g (10.68%), Cholesterol: 0mg (0%), Sodium: 43.82mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.31%), Vitamin C: 220.64mg (267.44%), Vitamin A: 5531.55IU (110.63%), Selenium: 38.14µg (54.49%), Manganese: 1.08mg (53.78%), Vitamin E: 6.79mg (45.25%), Vitamin K: 43.46µg (41.39%), Vitamin B6: 0.61mg (30.67%), Fiber: 7.34g (29.37%), Folate: 104.43µg (26.11%), Phosphorus: 226.37mg (22.64%), Magnesium: 90.12mg (22.53%), Vitamin B2: 0.35mg (20.67%), Potassium: 609.63mg (17.42%), Copper: 0.35mg (17.32%), Vitamin B3: 3.46mg (17.31%), Vitamin B1: 0.21mg (13.72%), Iron: 2.37mg (13.19%), Zinc: 1.74mg (11.58%), Vitamin B5: 0.89mg (8.94%), Calcium: 78.11mg (7.81%)