



## Penne with Triple-Tomato Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 0.3 cup flat-leaf parsley fresh finely chopped
- 2 garlic cloves minced
- 4 ounces goat cheese
- 1 teaspoon olive oil
- 0.5 cup onion finely chopped
- 12 ounces penne pasta uncooked

- 0.5 pound plum tomatoes chopped
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup oil-packed sun-dried tomato halves drained chopped

## Equipment

- frying pan

## Directions

- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add onion, and saut for 4 minutes or until tender.
- Add garlic, and saut for 1 minute.
- Add sun-dried tomatoes, sugar, 1/4 teaspoon salt, 1/4 teaspoon black pepper, plum tomatoes, and diced tomatoes. Reduce heat to medium, and cook for 20 minutes or until liquid almost evaporates, stirring frequently.
- While tomato mixture cooks, prepare pasta according to package directions, omitting salt and fat.
- Drain; return pasta to pan. Stir in tomato mixture, cheese, and parsley.
- Garnish with freshly ground black pepper and basil sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:56.52, Glycemic Load:20.28, Inflammation Score:-7, Nutrition Score:16.950869648353%

## Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

2.95mg

## Nutrients (% of daily need)

Calories: 317.19kcal (15.86%), Fat: 5.95g (9.16%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 49.33g (17.94%), Sugar: 8.68g (9.64%), Cholesterol: 8.69mg (2.9%), Sodium: 269.22mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Selenium: 37.25µg (53.21%), Vitamin K: 50.59µg (48.18%), Manganese: 0.84mg (42.04%), Copper: 0.53mg (26.41%), Vitamin C: 17.9mg (21.7%), Phosphorus: 209.83mg (20.98%), Vitamin A: 908.87IU (18.18%), Fiber: 4.48g (17.94%), Potassium: 617.36mg (17.64%), Magnesium: 62.8mg (15.7%), Vitamin B6: 0.31mg (15.34%), Iron: 2.72mg (15.1%), Vitamin B3: 2.58mg (12.89%), Vitamin B1: 0.16mg (10.95%), Vitamin B2: 0.18mg (10.5%), Zinc: 1.38mg (9.17%), Folate: 36.54µg (9.14%), Vitamin E: 1.28mg (8.51%), Calcium: 79.25mg (7.93%), Vitamin B5: 0.73mg (7.26%)