



Penne with Yellow Peppers and Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large bell peppers--quartered yellow peeled thinly sliced lengthwise
- ☐ 35 ounce canned tomatoes italian peeled drained chopped canned
- ☐ 2 large garlic cloves minced
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 4 servings parmigiano-reggiano cheese freshly grated for serving
- ☐ 1 pound penne pasta
- ☐ 4 servings salt and pepper freshly ground

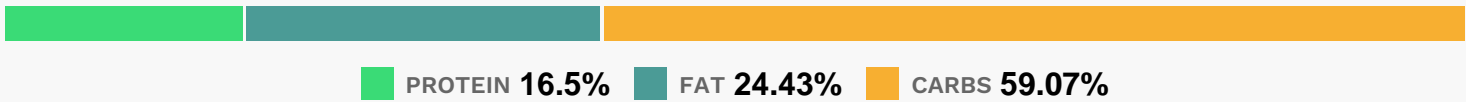
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet, heat 2 tablespoons of the olive oil.
- ☐ Add the garlic and cook over low heat until golden, about 2 minutes.
- ☐ Add the bell peppers and cook until tender, about 10 minutes.
- ☐ Add the tomatoes and cook over moderate heat until thickened, about 5 minutes. Season with salt and pepper and keep warm.
- ☐ Cook the penne in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain the penne and return it to the pot.
- ☐ Add the sauce to the pasta along with the remaining 1/2 tablespoon of olive oil and toss to coat. Season with salt and pepper and transfer to a warmed bowl.
- ☐ Serve at once, passing the cheese separately.
- ☐ Wine Recommendation: The sweet yellow peppers and tart tomato sauce in this simple pasta dish need the contrast of a crisp white with some herbal character. Consider a California Sauvignon Blanc, such as the 1997 Groth or the 1997 Silverado.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:34.44, Inflammation Score:-9, Nutrition Score:30.321738906529%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 685.17kcal (34.26%), Fat: 18.74g (28.83%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 101.94g (33.98%), Net Carbohydrates: 94.96g (34.53%), Sugar: 9.19g (10.21%), Cholesterol: 20.4mg (6.8%), Sodium: 1038.21mg (45.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Vitamin C: 194.19mg (235.38%), Selenium: 79.16µg (113.08%), Manganese: 1.37mg (68.56%), Phosphorus: 494.27mg (49.43%), Calcium: 469.06mg (46.91%), Vitamin B6: 0.64mg (31.93%), Copper: 0.61mg (30.63%), Magnesium: 112.13mg (28.03%), Fiber: 6.98g (27.91%), Potassium: 950.13mg (27.15%), Iron: 4.63mg (25.72%), Vitamin B3: 4.61mg (23.07%), Vitamin E: 3.14mg (20.92%), Zinc: 2.95mg (19.65%), Vitamin B2: 0.33mg (19.35%), Vitamin B1: 0.25mg (16.96%), Folate: 66.58µg (16.65%), Vitamin A: 710.66IU (14.21%), Vitamin K: 13.11µg (12.49%), Vitamin B5: 1.08mg (10.83%), Vitamin B12: 0.36µg (6%)