



## Penne with Yogurt-Tahini Sauce

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cloves garlic
- 8 servings ground pepper black to taste
- 0.1 cup juice of lemon
- 0.3 cup olive oil
- 1 onion chopped
- 0.5 cup parsley chopped
- 16 ounce penne pasta
- 1 cup yogurt plain

- 2 large portabello mushrooms sliced
- 0.5 bell pepper diced red
- 3 tablespoons tahini
- 0.8 cup water

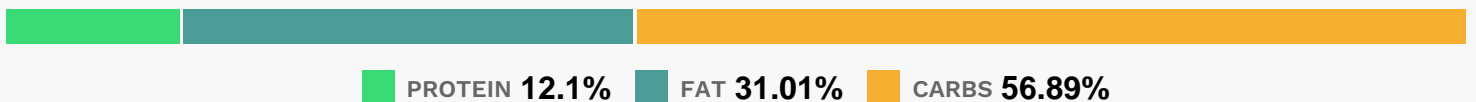
## Equipment

- food processor
- frying pan
- pot

## Directions

- In a large pot of lightly salted boiling water, cook pasta 10 to 12 minutes, or until al dente.
- While pasta is cooking, stir together tahini and lemon juice.
- Place in a food processor with yogurt, water, and garlic cloves; process until smooth.
- Heat the oil in a saute pan over medium heat.
- Add the onion, and cook until soft.
- Add the mushrooms, and cook until soft. During the final few minutes of cooking add the bell pepper; the pepper should be still crispish.
- Drain the pasta. Toss with the yogurt-tahini sauce, chopped parsley, and freshly ground black pepper.
- Serve the vegetable saute over the noodles.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:17.82, Inflammation Score:-6, Nutrition Score:15.21173910991%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## **Nutrients (% of daily need)**

Calories: 338.17kcal (16.91%), Fat: 11.74g (18.06%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 45.53g (16.56%), Sugar: 4.5g (5%), Cholesterol: 3.98mg (1.33%), Sodium: 25.79mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin K: 66.28µg (63.13%), Selenium: 42.6µg (60.85%), Manganese: 0.6mg (29.99%), Vitamin C: 17.74mg (21.5%), Phosphorus: 213.65mg (21.37%), Copper: 0.34mg (16.92%), Vitamin B3: 2.4mg (11.99%), Vitamin B1: 0.18mg (11.91%), Fiber: 2.93g (11.7%), Vitamin A: 584.01IU (11.68%), Magnesium: 44.11mg (11.03%), Potassium: 342.54mg (9.79%), Zinc: 1.45mg (9.68%), Vitamin B6: 0.19mg (9.37%), Folate: 36.29µg (9.07%), Vitamin E: 1.21mg (8.09%), Iron: 1.43mg (7.94%), Vitamin B2: 0.13mg (7.49%), Calcium: 69.82mg (6.98%), Vitamin B5: 0.67mg (6.71%), Vitamin B12: 0.12µg (2.06%)