

## Pepperoni 'n' Tomato Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 bay leaves
- 4 cups farfalle pasta uncooked
- 30 ounces tomato sauce canned
- 0.5 teaspoon basil dried
- 0.5 teaspoon fennel seeds crushed
- 1 cup mushrooms fresh sliced
- 1 large bell pepper green chopped
- 1 tablespoon olive oil
- 1 medium onion chopped

- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 6 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 8 ounces pepperoni sliced quartered
- 0.5 teaspoon pepper red crushed
- 28 ounces stewed tomatoes chopped canned
- 1 tablespoon sugar

## Equipment

- bowl
- sauce pan

## Directions

- In a large saucepan, saute the onion, green pepper and mushrooms in oil until tender.
- Stir in the tomato sauce, tomatoes, bay leaves, sugar and seasonings. Bring to a boil. Stir in pepperoni. Reduce heat; simmer, uncovered, for 15 minutes.
- Meanwhile, cook pasta according to package directions.
- Drain and place in a large serving bowl. Discard bay leaves from sauce; stir in Parmesan cheese.
- Pour over pasta; toss to coat.
- Sprinkle with mozzarella cheese.

## Nutrition Facts



**PROTEIN 18.03%** **FAT 44.35%** **CARBS 37.62%**

## Properties

Glycemic Index:36.39, Glycemic Load:12.41, Inflammation Score:-8, Nutrition Score:19.833912911622%

## Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

## Nutrients (% of daily need)

Calories: 420.79kcal (21.04%), Fat: 21.11g (32.48%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 35.87g (13.04%), Sugar: 11.15g (12.39%), Cholesterol: 46.54mg (15.51%), Sodium: 1417.98mg (61.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Selenium: 34.89µg (49.85%), Vitamin C: 33.07mg (40.09%), Manganese: 0.7mg (35.23%), Phosphorus: 307.98mg (30.8%), Calcium: 293.22mg (29.32%), Potassium: 797.97mg (22.8%), Vitamin B3: 4.29mg (21.47%), Vitamin E: 3.15mg (21%), Copper: 0.42mg (20.82%), Vitamin B2: 0.34mg (20.11%), Iron: 3.52mg (19.53%), Vitamin B6: 0.37mg (18.35%), Vitamin A: 905.16IU (18.1%), Fiber: 4.44g (17.77%), Zinc: 2.51mg (16.71%), Magnesium: 62.03mg (15.51%), Vitamin B1: 0.21mg (13.96%), Vitamin B5: 1.16mg (11.64%), Vitamin K: 12.19µg (11.61%), Vitamin B12: 0.63µg (10.53%), Folate: 30.92µg (7.73%), Vitamin D: 0.49µg (3.25%)