



Quick and Easy Roasted Red Pepper Pasta

READY IN

ready

16 min.

SERVINGS

servings

6

CALORIES

calories

425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 leaves several basil fresh plus more for serving chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons parsley fresh finely minced plus more for serving
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 large onion diced finely

- ☐ 0.5 cup parmesan shavings plus more for serving
- ☐ 1 pound soup noodles (I prefer short ones like rigatoni, penne, etc.)
- ☐ 16 ounce roasted peppers red drained roughly chopped
- ☐ 6 servings salt

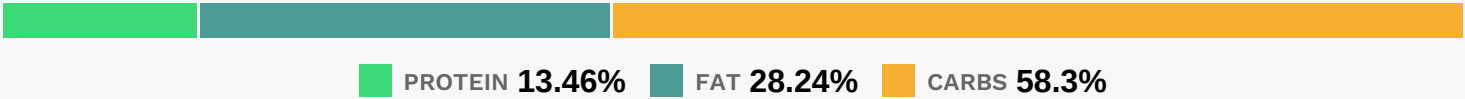
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil. Cook the pasta according to the package directions.
- ☐ Meanwhile, add the oil and butter to a large skillet over medium-high heat and melt the butter.
- ☐ Add the garlic and onions and saute until starting to soften, 2 to 3 minutes.
- ☐ Add the chopped red peppers and cook until hot, 2 to 3 minutes.
- ☐ Carefully transfer the contents of the skillet to a food processor or blender. Put on the lid and puree the pepper mixture until totally blended (there will still be some texture to the peppers).
- ☐ Pour the pepper puree back into the skillet.
- ☐ Add the broth, 1/2 teaspoon salt and some pepper, and stir until heated. Splash in the cream and stir to combine.
- ☐ Add the parsley and basil and stir to combine. Taste and adjust the seasoning if you need to.
- ☐ Drain the pasta and add it to the skillet.
- ☐ Add the Parmesan, and then stir it together to coat the pasta.
- ☐ Serve in bowls with extra Parmesan and a sprinkling of parsley and basil on top.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:23.19, Inflammation Score:-7, Nutrition Score:16.478695822799%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 424.88kcal (21.24%), Fat: 13.34g (20.52%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 61.94g (20.65%), Net Carbohydrates: 58.3g (21.2%), Sugar: 3.1g (3.45%), Cholesterol: 27.69mg (9.23%), Sodium: 1546.34mg (67.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Selenium: 50.66µg (72.38%), Vitamin C: 38.39mg (46.54%), Manganese: 0.89mg (44.58%), Vitamin K: 24.72µg (23.54%), Phosphorus: 231.17mg (23.12%), Copper: 0.34mg (16.98%), Vitamin A: 839.02IU (16.78%), Calcium: 162.93mg (16.29%), Fiber: 3.64g (14.56%), Vitamin B6: 0.29mg (14.42%), Magnesium: 55.75mg (13.94%), Iron: 1.86mg (10.31%), Zinc: 1.54mg (10.28%), Potassium: 337.51mg (9.64%), Vitamin B3: 1.86mg (9.31%), Vitamin B2: 0.15mg (8.57%), Folate: 31.34µg (7.84%), Vitamin B1: 0.11mg (7.38%), Vitamin B5: 0.46mg (4.57%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.2µg (1.34%)