



Red Pepper Pasta

READY IN



19 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon rosemary or dried fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 8 ounces pasta uncooked
- ☐ 29 ounce no-salt-added stewed tomatoes undrained canned
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1.3 cups roasted pepper sweet red coarsely chopped 1 [12-ounce] jar
- ☐ 0.5 teaspoon salt

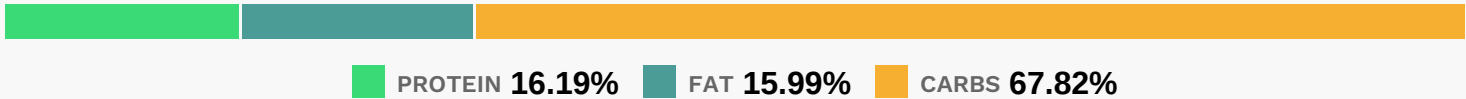
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, coat a large nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add garlic and rosemary; cook, stirring constantly, 2 minutes.
- ☐ Add roasted red pepper and next 3 ingredients. Bring to a boil; reduce heat, and simmer 5 to 6 minutes or until slightly thickened. Set aside, and keep warm.
- ☐ To serve, place 1 cup pasta on each of 4 individual serving plates. Top each with 1 cup pepper mixture.
- ☐ Sprinkle each serving with 2 tablespoons cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.81, Inflammation Score:-9, Nutrition Score:21.549130394407%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 323.36kcal (16.17%), Fat: 5.85g (9%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 50.76g (18.46%), Sugar: 8.54g (9.49%), Cholesterol: 10.88mg (3.63%), Sodium: 535.86mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin C: 83.46mg (101.16%), Selenium:

40.7µg (58.14%), Vitamin A: 2022.44IU (40.45%), Manganese: 0.78mg (39%), Vitamin B6: 0.49mg (24.49%), Phosphorus: 241.73mg (24.17%), Fiber: 5.08g (20.33%), Calcium: 194.46mg (19.45%), Potassium: 655.1mg (18.72%), Iron: 3.09mg (17.15%), Vitamin E: 2.53mg (16.86%), Copper: 0.33mg (16.31%), Magnesium: 64.21mg (16.05%), Vitamin B3: 2.96mg (14.8%), Vitamin B2: 0.24mg (13.95%), Folate: 51.1µg (12.78%), Zinc: 1.78mg (11.88%), Vitamin B1: 0.18mg (11.85%), Vitamin K: 9.49µg (9.04%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.17µg (2.81%)