



Roasted Garlic and Onion Linguine

READY IN



71 min.

SERVINGS



11

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small head garlic
- 12 ounces pasta uncooked
- 0.3 cup no-salt-added chicken broth canned
- 2 teaspoons olive oil
- 0.5 pound onions
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon cracked pepper
- 0.3 teaspoon salt

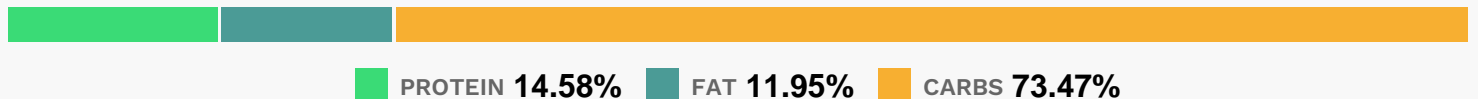
Equipment

- food processor
- bowl
- oven
- knife
- aluminum foil

Directions

- Peel onions, and cut each into 8 wedges. Gently peel outer skin from garlic and discard.
- Cut off and discard top one-fourth of garlic head.
- Place onion and garlic, cut sides up, in center of a piece of heavy-duty aluminum foil; coat with cooking spray. Fold foil over onion and garlic, sealing tightly.
- Bake at 350 for 1 hour or until onion and garlic are soft.
- Remove from oven, and let cool.
- Remove and discard skin from garlic. Scoop out garlic pulp with a small spoon. Position knife blade in food processor bowl; add garlic pulp, onion, and cheese. Pulse 5 times or until combined.
- Add broth and next 3 ingredients to garlic mixture. Process until mixture is finely chopped. Set aside.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Add garlic mixture; toss lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.91, Glycemic Load:9.96, Inflammation Score:-2, Nutrition Score:4.7843477926824%

Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 1.9g (2.92%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.85g (9.04%), Sugar: 1.73g (1.93%), Cholesterol: 1.98mg (0.66%), Sodium: 97.38mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Selenium: 20.81µg (29.73%), Manganese: 0.37mg (18.32%), Phosphorus: 84.49mg (8.45%), Fiber: 1.42g (5.67%), Copper: 0.11mg (5.5%), Vitamin B6: 0.1mg (5.14%), Magnesium: 20.1mg (5.02%), Zinc: 0.61mg (4.04%), Calcium: 36.59mg (3.66%), Potassium: 119.3mg (3.41%), Vitamin B3: 0.64mg (3.22%), Iron: 0.52mg (2.91%), Vitamin B1: 0.04mg (2.87%), Vitamin C: 2.32mg (2.81%), Folate: 9.71µg (2.43%), Vitamin B2: 0.04mg (2.15%), Vitamin B5: 0.18mg (1.82%), Vitamin E: 0.16mg (1.05%)