



## Roasted Garlic and Tomato Mostaccioli

 Vegetarian

READY IN



75 min.

SERVINGS



2

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2.5 tablespoons vegetable oil
- 4 roma tomatoes cut in half (plum)
- 0.5 teaspoon sugar
- 0.1 teaspoon salt
- 0.1 teaspoon pepper freshly ground
- 0.5 fennel bulb unpeeled
- 3 ounces mostaccioli pasta uncooked
- 2 tablespoons basil dried fresh chopped

2 ounces mozzarella cheese crumbled cubed

## Equipment

baking sheet

oven

knife

aluminum foil

## Directions

Heat oven to 300°F.

Place aluminum foil on cookie sheet; generously brush with 1 tablespoon of the oil. Arrange tomato halves, cut sides up, in single layer on foil; brush with 2 teaspoons of the oil. Sprinkle with sugar, salt and pepper.

Cut 1/2 inch off top of garlic bulb; drizzle 1 teaspoon of the oil over garlic bulb. Wrap in aluminum foil; place on cookie sheet with tomatoes.

Bake 55 to 60 minutes or until garlic is soft when pierced with a knife and tomatoes have begun to shrivel; cool slightly.

Cook and drain pasta as directed on package.

Squeeze garlic into remaining 1 1/2 teaspoons oil and mash until smooth; toss with pasta.

Add tomato halves and basil; toss. Top with cheese.

Serve immediately.

## Nutrition Facts



**PROTEIN 12.77%** **FAT 48.3%** **CARBS 38.93%**

## Properties

Glycemic Index:127.05, Glycemic Load:16.02, Inflammation Score:-8, Nutrition Score:22.791304370631%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.85mg,

Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 447.03kcal (22.35%), Fat: 24.51g (37.71%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 38.25g (13.91%), Sugar: 8.05g (8.95%), Cholesterol: 22.4mg (7.47%), Sodium: 365.34mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Vitamin K: 147.28µg (140.26%), Manganese: 1.06mg (53%), Selenium: 32.24µg (46.05%), Vitamin C: 24.04mg (29.14%), Calcium: 283.41mg (28.34%), Iron: 5.05mg (28.05%), Vitamin A: 1333.4IU (26.67%), Phosphorus: 250.9mg (25.09%), Fiber: 6.2g (24.81%), Potassium: 759.36mg (21.7%), Magnesium: 80.45mg (20.11%), Vitamin E: 2.93mg (19.53%), Copper: 0.32mg (16.18%), Folate: 56.46µg (14.11%), Zinc: 2.04mg (13.61%), Vitamin B6: 0.25mg (12.58%), Vitamin B2: 0.2mg (11.56%), Vitamin B12: 0.65µg (10.77%), Vitamin B3: 2.06mg (10.3%), Vitamin B1: 0.1mg (6.79%), Vitamin B5: 0.5mg (5.05%)