



Roasted Garlic and Tomato Mostaccioli

 Vegetarian

READY IN



75 min.

SERVINGS



2

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons basil dried fresh chopped
- 0.5 garlic unpeeled
- 2 ounces mozzarella cheese crumbled cubed
- 3 ounces mostaccioli pasta uncooked
- 0.1 teaspoon pepper freshly ground
- 4 roma tomatoes cut in half (plum)
- 0.1 teaspoon salt
- 0.5 teaspoon sugar

2.5 tablespoons vegetable oil

Equipment

baking sheet

oven

knife

aluminum foil

Directions

Heat oven to 300F.

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 12.73% **FAT 50.26%** **CARBS 37.01%**

Properties

Glycemic Index:119.55, Glycemic Load:14.98, Inflammation Score:-8, Nutrition Score:20.458261002665%

Flavonoids

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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 430.01kcal (21.5%), Fat: 24.4g (37.54%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 36.03g (13.1%), Sugar: 5.76g (6.4%), Cholesterol: 22.4mg (7.47%), Sodium: 335.05mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Vitamin K: 110.55µg (105.29%), Manganese: 0.96mg (48.04%), Selenium: 31.93µg (45.62%), Iron: 4.63mg (25.75%), Calcium: 256.11mg (25.61%), Vitamin A: 1255.07IU (25.1%), Phosphorus: 222.79mg (22.28%), Vitamin C: 17.25mg (20.91%), Magnesium: 70.69mg (17.67%), Fiber: 4.4g (17.62%), Vitamin E: 2.59mg (17.27%), Potassium: 520.17mg (14.86%), Copper: 0.29mg (14.36%), Zinc: 1.93mg (12.89%), Vitamin B6: 0.23mg (11.67%), Vitamin B12: 0.65µg (10.77%), Vitamin B2: 0.18mg (10.5%), Folate: 40.68µg (10.17%), Vitamin B3: 1.69mg (8.46%), Vitamin B1: 0.1mg (6.5%), Vitamin B5: 0.37mg (3.73%)