



Roasted Garlic and Tomato Mostaccioli (Cooking for 2)

 Vegetarian

READY IN



90 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons vegetable oil
- 4 medium plum tomatoes cut in half (Roma)
- 0.5 teaspoon sugar
- 0.1 teaspoon salt
- 1 serving pepper freshly ground
- 1 fennel bulb unpeeled
- 3 ounces mostaccioli pasta uncooked

- 2 tablespoons basil dried fresh chopped
- 2 ounces mozzarella cheese crumbled cubed

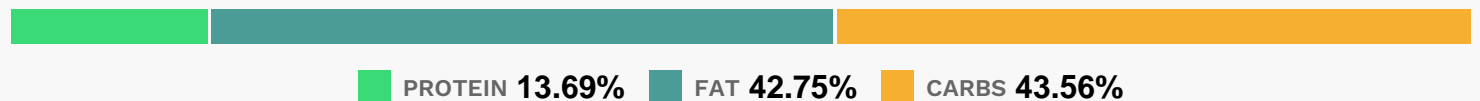
Equipment

- baking sheet
- oven
- knife
- aluminum foil

Directions

- Heat oven to 300°F. Line cookie sheet with foil; generously brush with 1 teaspoon of the oil. Arrange tomato halves, cut sides up, in single layer on cookie sheet; brush with 1 teaspoon of the oil.
- Sprinkle with salt, sugar and pepper.
- Cut 1/2 inch off top of garlic bulb; drizzle 1 teaspoon of the oil over garlic bulb. Wrap in foil; place on cookie sheet with tomatoes.
- Bake 55 to 60 minutes or until garlic is soft when pierced with knife and tomatoes have begun to shrivel; cool slightly.
- Cook and drain pasta as directed on package. Squeeze garlic into remaining 1 tablespoon oil and mash until smooth; toss with pasta.
- Add tomato and basil; toss. Top with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:14.060434502104%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 10.61g (16.33%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 20.34g (7.4%), Sugar: 5.18g (5.75%), Cholesterol: 11.2mg (3.73%), Sodium: 197.87mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin K: 88.82µg (84.59%), Manganese: 0.58mg (29.05%), Selenium: 16.32µg (23.32%), Vitamin C: 15.53mg (18.82%), Fiber: 4g (15.99%), Calcium: 155.87mg (15.59%), Iron: 2.73mg (15.19%), Potassium: 500.27mg (14.29%), Vitamin A: 705.69IU (14.11%), Phosphorus: 140.01mg (14%), Magnesium: 45.13mg (11.28%), Vitamin E: 1.49mg (9.97%), Copper: 0.18mg (9.03%), Folate: 36.12µg (9.03%), Zinc: 1.08mg (7.19%), Vitamin B6: 0.14mg (6.97%), Vitamin B2: 0.11mg (6.32%), Vitamin B3: 1.22mg (6.09%), Vitamin B12: 0.32µg (5.39%), Vitamin B1: 0.05mg (3.59%), Vitamin B5: 0.32mg (3.2%)