



Roasted Red Pepper Pasta

READY IN



3 min.

SERVINGS



1

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon preshredded parmesan cheese
- ☐ 1 cup basic pasta hot cooked
- ☐ 1 tablespoon pinenuts
- ☐ 0.5 cup bottled roasted bell pepper red

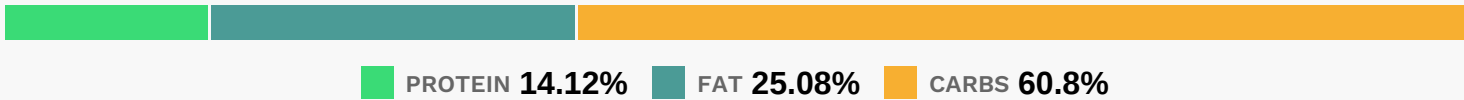
Equipment

☐ food processor

Directions

☐ Place first 4 ingredients in a food processor. Pulse 15 to 20 seconds or until mixture is almost smooth. Toss with hot pasta. Top with Parmesan cheese, basil, and pine nuts.

Nutrition Facts



Properties

Glycemic Index:251, Glycemic Load:18.67, Inflammation Score:-6, Nutrition Score:16.334782410575%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 330.08kcal (16.5%), Fat: 9.28g (14.28%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 47.33g (17.21%), Sugar: 2.77g (3.08%), Cholesterol: 3.4mg (1.13%), Sodium: 1043.74mg (45.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Manganese: 1.66mg (82.88%), Selenium: 39.53µg (56.48%), Vitamin C: 33.38mg (40.46%), Phosphorus: 224.37mg (22.44%), Copper: 0.42mg (20.87%), Magnesium: 69.85mg (17.46%), Vitamin K: 14.67µg (13.98%), Fiber: 3.31g (13.26%), Vitamin B6: 0.24mg (12.19%), Zinc: 1.8mg (11.97%), Iron: 2.1mg (11.68%), Calcium: 111.47mg (11.15%), Vitamin A: 514.3IU (10.29%), Vitamin B3: 1.89mg (9.45%), Potassium: 323.46mg (9.24%), Vitamin B1: 0.11mg (7.57%), Vitamin E: 1.03mg (6.88%), Folate: 27.23µg (6.81%), Vitamin B2: 0.1mg (5.89%), Vitamin B5: 0.36mg (3.58%)