



Roasted summer veg & pancetta pasta

READY IN



45 min.

SERVINGS



4

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 zucchini halved sliced
- ☐ 1 large eggplant sliced cut into rounds then
- ☐ 400 g plum tomatoes halved
- ☐ 8 garlic clove
- ☐ 2 tbsp olive oil plus a drizzle
- ☐ 400 g penne pasta
- ☐ 140 g pancetta diced
- ☐ 25 g parmesan grated
- ☐ 1 handful basil

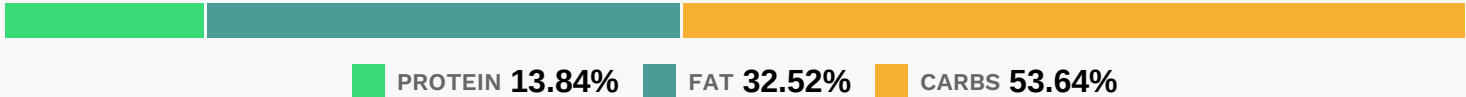
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the vegetables and garlic in a large roasting tin, toss with the oil and season.
- ☐ Spread out in a single layer and roast for 35 mins until tender, stirring after 20 mins.
- ☐ Meanwhile, cook the pasta following pack instructions. Reserve some of the cooking liquid, then drain.
- ☐ Pop the pancetta, with a drizzle of oil, into the pan you cooked the pasta in. Cook for 2–3 mins until golden, crisp and cooked though. Toss in the drained pasta, Parmesan, roasted veg and a couple tbsps of the reserved cooking liquid. Tear in most of the basil leaves and stir.
- ☐ Serve sprinkled with remaining basil leaves and extra Parmesan.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:33.11, Inflammation Score:-9, Nutrition Score:29.006087038828%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 684kcal (34.2%), Fat: 24.93g (38.35%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 92.51g (30.84%), Net Carbohydrates: 83.07g (30.21%), Sugar: 13.13g (14.59%), Cholesterol: 27.35mg (9.12%), Sodium: 358.05mg (15.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.74%), Selenium: 73.13µg (104.47%), Manganese: 1.67mg (83.4%), Vitamin C: 44.49mg (53.93%), Phosphorus: 399.58mg (39.96%), Fiber: 9.44g

(37.76%), Vitamin B6: 0.73mg (36.59%), Potassium: 1206.53mg (34.47%), Magnesium: 115.26mg (28.81%), Copper: 0.56mg (27.76%), Vitamin B3: 5.17mg (25.86%), Vitamin A: 1242.01IU (24.84%), Vitamin K: 24.83µg (23.64%), Folate: 94.43µg (23.61%), Vitamin B1: 0.35mg (23.27%), Zinc: 2.89mg (19.28%), Vitamin B2: 0.32mg (18.57%), Vitamin E: 2.35mg (15.67%), Calcium: 152.39mg (15.24%), Iron: 2.73mg (15.16%), Vitamin B5: 1.4mg (14.01%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.17µg (1.14%)