



Roasted Tomato and Fennel with Tagliatelle

READY IN



45 min.

SERVINGS



2

CALORIES



1266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound cherry tomatoes
- 1 fennel bulb thinly sliced
- 0.3 cup mint leaves fresh chopped
- 3 medium cloves garlic thinly sliced chopped
- 3 tablespoons olive oil
- 2 servings parmesan for serving
- 0.5 to 5 chilies fresh red thinly sliced to taste (such as fresno) ()
- 2 servings salt and pepper
- 1 pound tagliatelle fresh

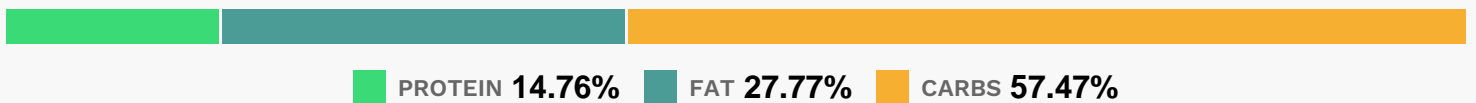
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat the oven to 350°F. In a large bowl, toss the tomatoes, chili, fennel, garlic, and half of mint with olive oil and season with salt and pepper.
- Transfer to a rimmed baking sheet. Cover tightly with foil, and roast for 30 minutes.
- Remove foil, increase heat to 400°F, and continue roasting until lightly browned, about 15 minutes longer.
- Remove vegetables from oven and toss together in a large saucepan to incorporate. Season to taste with salt and pepper and keep warm. Cook pasta according to package directions.
- Drain, reserving 1 cup of cooking liquid. Toss pasta with sauce, adding liquid as desired until sauce reaches desired consistency.
- Sprinkle with remaining mint and serve, passing grated cheese at the table.

Nutrition Facts



Properties

Glycemic Index:95.5, Glycemic Load:71.09, Inflammation Score:-9, Nutrition Score:48.5282610603%

Flavonoids

Eriodictyol: 3mg, Eriodictyol: 3mg, Eriodictyol: 3mg, Eriodictyol: 3mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 1266.37kcal (63.32%), Fat: 39.43g (60.66%), Saturated Fat: 10.66g (66.62%), Carbohydrates: 183.56g (61.19%), Net Carbohydrates: 170.15g (61.87%), Sugar: 15.39g (17.1%), Cholesterol: 210.91mg (70.3%), Sodium: 811.75mg (35.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.15g (94.3%), Selenium: 188.11µg (268.73%), Manganese: 2.57mg (128.48%), Vitamin C: 85.11mg (103.16%), Vitamin K: 95.76µg (91.2%), Phosphorus: 892.61mg (89.26%), Calcium: 540.58mg (54.06%), Fiber: 13.41g (53.65%), Copper: 0.98mg (48.86%), Magnesium: 193.26mg (48.32%), Potassium: 1646.3mg (47.04%), Vitamin B6: 0.87mg (43.57%), Iron: 7.55mg (41.94%), Vitamin A: 1987.18IU (39.74%), Vitamin E: 5.96mg (39.73%), Zinc: 5.88mg (39.17%), Vitamin B3: 7.07mg (35.33%), Folate: 138.08µg (34.52%), Vitamin B1: 0.51mg (34.15%), Vitamin B5: 2.84mg (28.37%), Vitamin B2: 0.42mg (24.74%), Vitamin B12: 1.02µg (16.96%), Vitamin D: 0.83µg (5.54%)