






 **73%**
HEALTH SCORE

Roasted Tomato and Roasted Garlic Puttanesca

 Dairy Free  Very Healthy

READY IN

125 min.

SERVINGS

4

CALORIES

623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 flat filets anchovies
- 3 tablespoons capote capers stemmed drained
- 0.5 cup flat-leaf parsley chopped
- 1 head garlic
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup oil-cured olives loosely packed pitted
- 0.3 cup olive oil extra-virgin plus more for drizzling

- 2 sprigs oregano dried fresh leaves picked chopped
- 1 pound penne pasta
- 1 small cherry pepper red italian seeded coarsely chopped
- 12 plum tomatoes

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- aluminum foil
- dutch oven

Directions

- Preheat the oven to 375 degrees F.
- Arrange a cooling rack over a parchment or foil-lined baking sheet for easy clean up.
- Cut the ends off the entire head garlic to expose all of the cloves. Season the garlic with a little salt, some black pepper, and a drizzle of extra-virgin olive oil, then wrap in foil.
- Cut the tomatoes in 1/2 and place in a bowl. Lightly dress the tomatoes by drizzling with extra-virgin olive oil. Season the tomatoes with salt, pepper, and marjoram, and arrange on the baking sheet cut-side down.
- Bake the tomatoes 20 to 25 minutes, then flip the tomatoes, and roast 20 minutes more. Roast the garlic 45 to 50 minutes alongside the tomatoes.
- Place about 2/3 of the tomatoes in a food processor. Coarsely chop the remainder of the tomatoes, and reserve. Squeeze the garlic out of its skin, and add to the food processor pulsing until smooth.
- Add the mixture to a Dutch oven and add the olives, anchovies, capers, and chile. Cook for 5 minutes to allow the flavors to meld.
- Transfer to a small container for a make-ahead meal and refrigerate, or transfer to a serving bowl. Store the chopped tomatoes separately, or add to the serving bowl.

To serve, bring water to a boil, salt the water and cook the pasta to al dente. Reheat the sauce. Toss the pasta with the sauce for 1 minute, to coat.

Serve in shallow bowls with lots of parsley, and drizzle with more extra-virgin olive oil.

Nutrition Facts

 **PROTEIN 11.91%**  **FAT 26.73%**  **CARBS 61.36%**

Properties

Glycemic Index:51.5, Glycemic Load:36.68, Inflammation Score:-9, Nutrition Score:28.081304700478%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 16.98mg, Apigenin: 16.98mg, Apigenin: 16.98mg, Apigenin: 16.98mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 622.63kcal (31.13%), Fat: 18.61g (28.63%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 96.11g (32.04%), Net Carbohydrates: 88.88g (32.32%), Sugar: 8.17g (9.08%), Cholesterol: 3.6mg (1.2%), Sodium: 522.31mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Vitamin K: 154.09µg (146.75%), Selenium: 75.09µg (107.27%), Manganese: 1.4mg (70.16%), Vitamin C: 38.4mg (46.54%), Vitamin A: 2291.55IU (45.83%), Fiber: 7.23g (28.92%), Phosphorus: 286.11mg (28.61%), Copper: 0.53mg (26.34%), Vitamin E: 3.87mg (25.79%), Magnesium: 92.72mg (23.18%), Potassium: 799.33mg (22.84%), Vitamin B6: 0.42mg (20.96%), Vitamin B3: 4.11mg (20.53%), Iron: 3.05mg (16.93%), Folate: 62.93µg (15.73%), Zinc: 2.21mg (14.74%), Vitamin B1: 0.2mg (13.31%), Calcium: 86.52mg (8.65%), Vitamin B2: 0.14mg (8.46%), Vitamin B5: 0.77mg (7.73%)