



Roasted Vegetable Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce baby portobello mushrooms halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces thinly parmesan cheese fresh shaved
- ☐ 8 ounces multigrain penne gluten-free uncooked (such as DeBoles)
- ☐ 1 cup peas green frozen thawed

- ☐ 1 onion red sliced
- ☐ 0.5 teaspoon salt

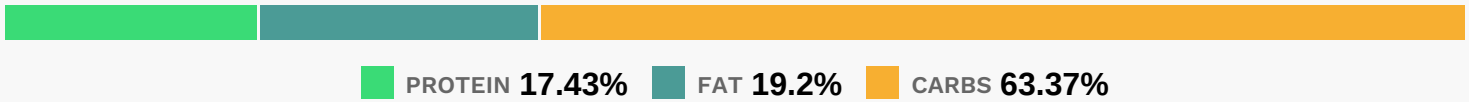
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and keep warm.
- ☐ Combine mushrooms and next 5 ingredients in a bowl; toss well to coat. Arrange mushroom mixture in a single layer on a jelly-roll pan.
- ☐ Bake at 475 for 15 minutes; turn vegetables over.
- ☐ Drizzle wine evenly over vegetables; bake an additional 7 minutes or until vegetables are tender and lightly browned.
- ☐ Combine pasta, vegetables, and peas in a large bowl. Top with parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:19.19, Inflammation Score:-8, Nutrition Score:22.585652133693%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol:

0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 363.18kcal (18.16%), Fat: 7.59g (11.68%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 56.36g (18.79%), Net Carbohydrates: 50.59g (18.4%), Sugar: 8.27g (9.19%), Cholesterol: 7.23mg (2.41%), Sodium: 483.55mg (21.02%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 15.5g (31%), Vitamin K: 75.3µg (71.71%), Selenium: 49.96µg (71.37%), Vitamin C: 38.51mg (46.68%), Manganese: 0.86mg (43.19%), Phosphorus: 315.23mg (31.52%), Vitamin B3: 4.79mg (23.97%), Copper: 0.47mg (23.39%), Fiber: 5.76g (23.05%), Vitamin A: 1041.78IU (20.84%), Potassium: 666.8mg (19.05%), Folate: 71.17µg (17.79%), Calcium: 170.36mg (17.04%), Vitamin B6: 0.34mg (16.92%), Vitamin B1: 0.23mg (15.24%), Magnesium: 59.74mg (14.94%), Zinc: 2.05mg (13.69%), Iron: 2.4mg (13.36%), Vitamin B2: 0.22mg (12.99%), Vitamin B5: 1.13mg (11.3%), Vitamin E: 1.1mg (7.34%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.22µg (1.49%)